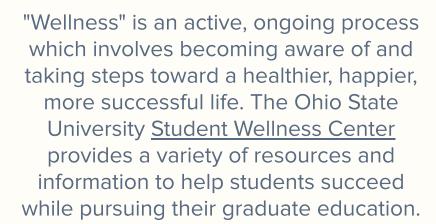




FOCUS ON GRAD STUDENT WELLNESS

Tuesday, October 20 11:00-12:30 PM



Join us for a presentation by Jordan Helcbergier to learn more about stress, time management, and the wellness resources available to you at Ohio State. Following the presentation, we will break into small groups to discuss stressors in graduate school, tips for management, and strategies for self-care. Questions can be directed to Kayla Arnold.1065.

REGISTER

