



THE OHIO STATE UNIVERSITY

# FOCUS

## ON GRAD STUDENT WELLNESS

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

"Wellness" is an active, ongoing process which involves becoming aware of and taking steps toward a healthier, happier, more successful life. The Ohio State University Student Wellness Center provides a variety of resources and information to help students succeed while pursuing their graduate education.

**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

This event is hosted in partnership with the Student Wellness Center, College of Engineering, and College of Food, Agricultural, and Environmental Sciences.