

#UCSTRONG MENTAL WELLNESS WEEK Sept. 26 - Oct. 1

MONDAY, SEPTEMBER 26

iPad Pro DRAWING CONTEST Sept. 18-Oct. 1, during store hours
UC Bookstore, TUC, Level 3

Prize options: Apple TV 3rd Generation or Apple Pencil

MORNING MEDITATION 8-8:45 a.m.

Campus Recreation Center MPR B

Presented by: CAPS/Campus Recreation

Join CAPS staff to learn mindful stress reduction techniques.

#IAMSTIGMAFREE Challenge 8 a.m.-11 p.m. Mon. - Fri.

MSB, CARE/Crawley, College of Pharmacy

Presented by: NAMI/College of Pharmacy

Take the #IAMSTIGMAFREE pledge!(nami.org/miaw)

STUDENT HEALTH & WELLNESS FAIR 11 a.m.-1 p.m.

McMicken Commons

Presented by: Student Wellness Center

Wellness and health resources on and around campus.

MOOD BOARD Noon, 9/26-1 p.m., 9/27 CARE Lobby

Presented by: Psychiatric Student Interest Group

Anonymously post your thoughts or feelings about mental wellness. Read what others have to say.

TUESDAY, SEPTEMBER 27

FREE 5-MINUTE CHAIR MASSAGE 11 a.m.-1 p.m.

Campus Recreation Center Breezeway/Lounge

COLOR ME CALM Noon-1 p.m.

Campus Recreation Center Breezeway/Lounge

Presented by: Campus Recreation

Take a mental break, improve your focus and concentration while meeting new friends at this adult coloring class.

"UC STRONG" MENTAL HEALTH FUNDRAISING EVENT 7-9 p.m.

Nippert, West Pavilion

Presented by: PAC/Athletics/Campus Recreation

Keynote speaker: Interim President Beverly Davenport

Food will be provided. Cash bar.

Silent auction from 7 - 8:30 p.m. \$50 donation recommended.

WEDNESDAY, SEPTEMBER 28

WEAR LIME GREEN For Mental Health Awareness 8 a.m.-Midnight

Presented by: Student Chapter of Psychiatric & Neurologic Pharmacists

KEEP CALM AND COLOR 11 a.m.-2 p.m.

UC Bookstore, TUC, Level 3 Entrance

FREE DEPRESSION SCREENING Noon-1 p.m. CARE Lobby

Presented by: Psychiatric Student Interest Group/CAPS

Meet with CAPS staff to learn about available resources.

MENTAL HEALTH HUT Noon-2 p.m. Bearcat Plaza

Presented by: Student Wellness Center

Resources about suicide prevention and mental health.

ELIMINATING STRESS THROUGH FINANCIAL MANAGEMENT

12:30 p.m. Tangeman University Center, Room 419AB

Presented by: PNC Bank

Learn concepts to reduce the stress of personal finances.

COMEDIAN DEON COLE 7-9 p.m. TUC Great Hall

Presented by: Programs and Activities Council

Let loose & laugh with *Blackish* star, Deon Cole.

A donation enters you to win a free t-shirt but is not required.

THURSDAY, SEPTEMBER 29

KEEP CALM AND COLOR 11 a.m.-2 p.m.

UC Bookstore, TUC, Level 3 Entrance

THERAPY PETS Noon-1 p.m.

Campus Recreation Center Breezeway/Lounge

Presented by: Campus Rec/Therapy Pets of Greater Cincinnati

Certified therapy dogs are proven to improve social, mental, emotional and physical functions.

COPING SKILLS FOR STRESS 3-5 p.m. TUC/TBD

Presented by: Committed to Assisting Students

Learn easy and applicable ways to cope with stress.

ELIMINATING STRESS THROUGH FINANCIAL MANAGEMENT

3:30 p.m. Tangeman University Center, Room 419AB

Presented by: PNC Bank

Learn concepts to reduce the stress of personal finances.

FRIDAY, SEPTEMBER 30

BOLSTER YOUR BRAIN AND MAXIMIZE YOUR MOOD:

MINDFULNESS MATTERS Noon-1 p.m.

CARE/Crawley Room E801c

Presented by: College of Pharmacy

Learn how mindful meditation can change your brain and improve your mental, emotional and physical health.

SATURDAY, OCTOBER 1

WARRIOR RUN COLLEGE CHALLENGE 5K/1 MILE FUN RUN/WALK

5:15 p.m. Bell Tower Park, Mariemont, Ohio

Help win UC's College Challenge based on student participation, volunteer service hours and fundraising for campus mental health programming.

cincywarriorrun.org/college-challenge/

Click Register Students and pick your UC team!