

BE | WELL WEEK

MARCH

1

wednesday

Food Insecurity: Navigating Conversations & Food Benefits

In Texas, food insecurity is higher than the national average (17%). However, in Fort Worth's Tarrant county community, food insecurity is 18.1%. To better understand the extent and depth of this issue, we have invited speakers from the Tarrant Area Food Bank and the Student Assistance Resource Center to discuss navigating conversations around food insecurity and the local resources available to assist individuals in need.

Time: **Noon–1:00 p.m.**

Location: **Online**

TARRANT
— AREA **FOOD BANK**

Be|Well Resource Fair

Come learn all about how Be|Well is designed to improve the overall well-being of students and the way the HSC Well-being Model is designed to create a holistic experience for you. This wellness fair brings together campus and community partners to help you explore the many dimensions of wellness HSC offers through interactive booths, information about health services and wellness activities.

Time: **4:00–6:00 p.m.**

Location: **MET Lawn** (In case of bad weather
back-up location: **MET 109-111**)

HSC Well-Being Domain(s): **Knowing Yourself, Working with Others, Community Belonging & Navigating Individual Needs**

unthsc.edu/students/wellbeing-qep

hsc
THE UNIVERSITY of NORTH TEXAS
HEALTH SCIENCE CENTER at FORT WORTH