



THE UNIVERSITY of NORTH TEXAS
HEALTH SCIENCE CENTER at FORT WORTH

FEBRUARY

27
monday

Emotional and Mental Health Awareness for International Students

Time: **Noon–1:00 p.m.** • Location: **Online**

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

28
tuesday

Be|Well Power Hour: Game Edition

Time: **Noon–1:00 p.m.** • Location: **IREB 230**

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

MARCH

1
wednesday

Food Insecurity: Navigating Conversations & Food Benefits

Time: **Noon–1:00 p.m.** • Location: **Online**

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

Be|Well Resource Fair

Time: **4:00–6:00 p.m.** • Location: **MET Lawn** (Bad weather location: **MET 109-111**)

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

2
thursday

Leading with Emotional Intelligence

Time: **Noon–1:00 p.m.** • Location: **IREB 260**

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

3
friday

Go Relax: Homeless Care Packages

Time: **Noon–1:00 p.m.** • Location: **IREB 230**

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

BE | WELL WEEK

unthsc.edu/students/wellbeing-qep

TO RSVP:

