

SELF-CARE SUMMER WORKSHOPS



**Wed,
June 25th**

Healthy Living, Happy Life

Information on stress-reduction and how other healthy habits impact your academic and personal success



**Wed,
July 2nd**

Build Your Care Plan

Hands on help building your self-care plan and supplies to help you achieve your self-care goals



**Wed,
July 9th**

Money Matters

Self-care as it relates to financial management and meeting your financial goals



**Wed,
July 16th**

Managing your Stress

Giving you tools to help you manage stress levels



**Wed,
July 23rd**

Creative Self-Care

There is nothing quite like utilizing creative outlets for self-care... come learn how!



**Wed,
July 30th**

Thriving as a Student

What you need to know about taking care of yourself as a student, including time management and studying!



**Wed,
Aug 6th**

Fuel your Brain and Body

How hydration improves brain function and energy levels

Wednesdays don't work for you? Stop by the University campus TRIO SSS office during regular office hours the week of a scheduled workshop instead! You will be able to get all of the same information and supplies!

Questions? Call 406-657-2162 or email TRIO_SSS@msubillings.edu