LEARN NEW SKILLS TO ENHANCE WELLBEING FOR YOURSELF AND OTHERS:

- BALANCE
- MINDFULNESS
- PRIORITIZING MENTAL HEALTH
- SELF-CARE
- SOCIAL SUPPORT BUILDING
- EFFECTIVE GOAL SETTING
- EMOTIONAL REGULATION
- HEALTHY SLEEP HABITS
- PREVENTING BURNOUT
- EFFECTIVE COMMUNICATION
- YOGA & MORE!

Open to undergraduate, graduate and professional students. No prerequisites required.

2-CREDIT ELECTIVE COURSE

FALL 2018

TUESDAYS 2:30-4:20 AHSB 717
CRN 42803
OR
THURSDAYS 11:30-1:20 AHSB 722
CRN 42802
[AHSB: 1919 W Taylor Street]

WHY REGISTER?

To enhance your mental health, wellness and academic success through the study and development of healthy habits and routines that promote overall wellbeing.

FIND OUT MORE:

LEAH GOODMAN, OTD, OTR/L, CYT
OT & ADJUNCT CLINICAL FACULTY
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