

# #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/](http://cincywarriorrun.org/college-challenge/)

Click Register Students and pick your UC team!