

FREE success-boosting workshops!

# Monday Motivators

Just Drop In!

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**When:** Mondays, February 8-29, 5-6pm

**Where:** Wells Library East Tower, rm. E159

(enter East Tower; glass classroom E159 is on the left)

## Topics:

Feb. 8 - **Help Me Sleep!**

Feb. 15 - **Self-Compassion  
& Resilience**

Feb. 22- **Stress Management**

Feb 29- **Think Happy!**



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