

OCTOBER 2021 CALENDAR

OUTREACH AND PREVENTION

TUESDAY, OCT. 5

QPR | 5 PM

REGISTER AT LEAST 24-HOURS IN ADVANCE
FOR THIS MEETING:

<https://memphis-edu-hipaa.zoom.us/meeting/register/tZEqf-utrpgpGNw9QGQluL9hioDyLOSjrzow>

MONDAY, OCT. 4

**PODCAST INTERVIEW– BIOFEEDBACK
AND BENEFITS | MORNING PREMIERE**

WEDNESDAY, OCT. 6

WELLNESS FAIR | 11 AM-2 PM | UC FOUNTAIN PLAZA
REGISTER AT LEAST 24 HOURS IN
ADVANCE FOR THIS MEETING

WEDNESDAY, OCT. 13

SAFE ZONE 1 | 3:30-5 PM

REGISTER AT LEAST 24 HOURS IN
ADVANCE FOR THIS MEETING:

<https://memphis-edu-hipaa.zoom.us/meeting/register/tZEIfuqgpzstE92GzAZOrIM4CdeoAqO9QkUC>

WEDNESDAY, OCT. 20

STUDY SKILLS WEBINAR | 3:30 PM

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/86532378329>

MEETING ID: 865 3237 8329

PASSCODE: 629237

MONDAY, OCT. 25

**PODCAST WELLNESS: FINANCIAL WELLNESS
NOT STRESS | NO STRESS SUCCESS: DARE
TO SELF CARE | MORNING PREMIERE**

WEDNESDAY, OCT. 27

**NO STRESS SUCCESS: HEALTHY
RELATIONSHIPS | 3 PM**

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/86988618621>

MEETING ID: 869 8861 8621

PASSCODE: 070192

   @UofMSHCS



Student Health and
Counseling Services

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Visit memphis.edu/counseling/outreach
for additional information.