

The Counseling Center presents
The Wellness Workshops:
Feelin' Good in the Neighborhood!



Test Your Mood: Mental Health Screening
Wednesday, February 10th 10:00 a.m. - 2:00 p.m.
Calloway Peak Room/Plemmons Student Union

Re-shaping your Body Image
Wednesday, Feb. 24th 5:00 - 6:00 p.m.
Beacon Heights Room/Plemmons Student Union

**Mental Health: What stops us from talking about it and What
you can do to take care of YOURS**
Wednesday, March 23rd 6:00 - 7:00 p.m.
Price Lake Room/Plemmons Student Union

**What Shape is Your Personality: Learn more about Yourself
and How to Relate to Others**
Wednesday, April. 6th 4:00 - 5:00 p.m.
Linn Cover Room/Plemmons Student Union

***Let's Get Out! Explore the Connection Between Positive
Mental Health and Being Outdoors**

Thursday, April 14th 5:00 - 7:00 p.m. (email to register)

**This workshop will take place outside in one of ASU's many natural settings. Space is limited so reserve your spot early at campbellha@appstate.edu.*

Extra credit slips will be made available

For more information contact the Counseling Center
262-3180 or counseling.appstate.edu