

STRESS LESS WEEK EVENTS

Stress Less With Therapy Dogs!

Tuesday, September 18 from 2pm-4pm in Ellis Library (in the lobby through the north doors)
If you're feeling overwhelmed or stressed, come spend some time with highly trained therapy dogs from Howie's Happy Dog Training!

Lunch and Learn: Making the Most of Your Time When Your Stressed and Tired

Wednesday, September 19 from 12pm-1pm in the Women's Center
Join us for a [FREE LUNCH](#) while learning tips and tricks to better time management and stressing less!

ALCOHOL RESPONSIBILITY EVENTS

Lunch and Learn: Show What You Know! Alcohol Kahoot!

Wednesday, October 10 from 12pm-1pm in the Women's Center
Test your alcohol knowledge with a game of Kahoot! Learn everything from alcohol facts to having safer night out, all while enjoying a [FREE LUNCH!](#)

Mock-Tailgate

Thursday, Octover 11 from 11am-2pm in front of the Student Center
Take some time to stop by our Mock-Tailgate to get some [FREE FOOD](#), as well as ideas on how to throw a safer tailgate!

Hydration Station

Friday, October 12 from 9pm-11pm in Greek Town
Stop by our booth before and after you go out for the night to get all the hydration and [FREE GIVEAWAYS](#) you'll need!

DRUG AND TOBACCO EDUCATION WEEK EVENTS

Happy Hour

Tuesday, October 23 from 5pm-7pm in the Wellness Resource Center
Bring yourself and friends to the WRC for an evening filled with board games, Mario Cart, food, and fun! Pick up some tips about how to make smart decisions when out having fun as well as alternative ways to have fun without drinking!

Lunch and Learn: The Truth about Tobacco and Vaping

Wednesday, October 24 from 12pm-1pm in the Women's Center
With all of the new tobacco and vaping products coming out, it's easy to get confused about what you are actually using and the effects it can have. Enjoy a [FREE LUNCH](#) with us while learning the true facts about tobacco and vaping!

Know Your Limits

Wednesday, October 24 from 10am-2pm in the Wellness Resource Center
Sit and talk with one of our wellness counselors about alcohol, tobacco, and drugs, and how it relates to you and your body!

Drug Take Back

Friday, October 26 from 10am-2pm at the Student Center Information Table
Do you have any prescription drugs or medications you need to get rid of? Stop by for a safe and secure way of disposing them!

HEALTHY LIFESTYLE WEEK OF EVENTS

Build Your Own Snack

Tuesday, November 6 from 5pm-7pm in the Wellness Resource Center
Need a little something to get you through the day? Stop by our table to assemble a [FREE SNACK](#) and pick up some of our easy, healthy snack recipes!

Lunch and Learn: Diet and Exercise as a College Student

Wednesday, November 7 from 12pm-1pm in the Women's Center
Enjoy a [FREE LUNCH](#) while learning about healthy lifestyles and how to navigate the dining halls to fit your plan!

SELF LOVE AND SELF CARE WEEK OF EVENTS

What I Like About Me

Tuesday, November 27 from 11am-1pm at the Student Center Information Table
Get your positive thinking flowing, and get [FREE SNACKS](#) and [COOL GIVEAWAYS!](#) All you have to do is write one thing that you like about you!

Lunch and Learn: Self Love and Self Care

Wednesday, November 28 from 12pm-1pm in the Women's Center
Everyone looks, thinks, and feels differently. With this event you can have a [FREE LUNCH](#) while learning the importance of loving and caring for yourself!

Letters to Me

Thursday, November 29 from 11am-1pm at the Student Center Information Table
Stop by our booth for some [FREE COFFEE](#) and [FREE SNACKS](#) while you write a letter to future you! Whether you decide to write an encouraging, funny, or motivational letter, we will mail it to you later on in the school year!



Wellness Resource Center
University of Missouri

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wellness.missouri.edu (573) 882-4634 G202 MU Student Center
Data taken from the Bystander Survey, 2016. N=711

