GATOR WELLNESS MOMENT
From Counseling Services

Take care of yourself:
See our weekly advice for implementing strategies that promote mental health.
Read on

IMPORTANT INFORMATION
The Gator Emergency Fund is aimed at helping Gators during this pandemic.
More details and an application are available online.

UPCOMING ACTIVITIES
Join UHD Sports & Fitness online with their live stream workouts this week!

CAREER HUB
Career Chat Live
Every Tuesday
@2:30pm

FAMILY ACTIVITIES
Make a collage or vision board. Help children cut out photos and words from magazines or newspapers and stick them to a sturdy piece of paper. They can hang them up in their rooms once their creations are complete!