

**THURSDAY, OCT. 31, 2024**

# COPING WITH CLOUDS

**HUB 340, UW Seattle**

*Registration is required as space is limited.*

Changes in the seasons, especially to darker and colder times of the year, can have surprising or unexpected impacts on our physical, mental, and emotional health. Learn about the science behind those changes and the skills to thrive more successfully during seasonal challenges. Free snacks and refreshments will be provided.

Register to attend a session on Thursday, October 31, 2024:

- 11 a.m. – 12 p.m.: Open to international graduate students
- 12:15 – 1:15 p.m.: Open to first-generation graduate students and historically underrepresented graduate students



RSVP ONLINE OR SCAN THE QR CODE

<https://forms.office.com/r/O9NJ3FZeTU>

*These workshops will be facilitated by LiveWell Peer Health Educators, in partnership with the Center for International Relations & Cultural Leadership Exchange and The Graduate School's Graduate Student Affairs and Graduate Student Equity & Excellence.*



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