

Law Student Mental Health Day: **October 10!**

Wayne Law's Student Affairs Office is hosting events throughout the day to support Law Student Mental Health. You won't want to miss out!



Morning Coffee Break

Partrich Lobby, starting 8:30am

Take a moment to remember your mental health, and grab some coffee and treats on the way to class to help fuel your morning!

Wellbeing 101 for Law Students

2242, 12pm-1:30pm

Karissa Wallace, the Founder of Mission Mastered, will be running a workshop to provide guidance for law students to manage stress and support their well-being.

After attending, law students will have a better understanding of how and why stress impacts their performance + actionable tools that they can immediately use to support their wellbeing in law school and beyond. **Lunch will be provided!**

Pop By on Your Way Out!

Law Lobby, starting 3:30pm

Student Affairs will be tabling in the lobby with Wayne Law coloring pages, play dough and balloons, and popcorn and other treats! Pop by on your way out to grab a snack and destress by coloring or building a stress ball!

