



**Fall 2024**

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**2-3:30pm**

**Building 1000**

**Room 1003**



**BEHAVIORAL  
HEALTH  
WORKSHOP  
SERIES**



**9/11/24: Time Management**

*presented by* Meera Bhadra, LPC Student Health Center

**10/9/24: Healthy Relationships**

*presented by* Tina Masoudi & Alexis Farmer,  
LPC Student Health Center

**11/13/24: A Sleep Discussion**

*presented by* Dr. Irena Keller, LPC Psychology Faculty

**12/4/24: Anxiety and Finals**

*presented by* Debbie Baskins & Lucas Santillana,  
LPC Student Health Center