

SOUTHERN ILLINOIS UNIVERSITY CARBONDALE



EMPOWERMENT WEEK

Monday-Thursday, October 5-8

De-stress with a full week of activities. Join us before, in-between, or after classes!

MENTALITY MONDAY-October 5:

Prioritize Your Mind, Empower Your Future (Panel), Wellness Activity and Games with SHC staff.
Student Health Center Auditorium • 1:30-4:30 PM

TURN TUESDAY-October 6:

Healthy Snacks/Fruit and Student Recreation
SSB 150/160 • Noon-1:30 PM

Supporting The Whole Student:

Family, Life, and Academic Balance-Student
Student Appreciation Luncheon Panel
SSB 150/160 • Noon-1:30 PM

WELLNESS WEDNESDAY-October 7:

SSB Pavilion/Faner Plaza • 9 AM-2 PM

TRANSACTIONAL FINANCIAL EDUCATION THURSDAY-October 8:

Financial Workshop
SSB 150/160 • 3-4:30 PM



Scan for a full list
of activities



Southern Illinois University
CARBONDALE

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FOR DISABILITY ACCOMMODATIONS, CALL (618) 453-5738