

The Women's & Gender Equity Center

The Cozy Mind

SELF CARE

Come experience a warm winter inspired event celebrating Mental Wellness Awareness Month. Offering interactive activities, DIY self-care kits, and cozy moments designed to help students relax, recharge, and refocus on their well being.

Jan 21, 2026 | 12:00 p.m – 1:30 p.m|
| Webb Front Lobby |

