



MT ENGAGE WEEK 2024

# Undergraduate Research Center (URC)

## Research + Wellness

THE URC IS PARTNERING WITH KIRA WHITAKER, A VANDERBILT CERTIFIED HEALTH AND WELLNESS COACH AND FOUNDER OF ARDEN YOGA & WELLNESS, TO TEACH STUDENTS ABOUT THE IMPORTANCE OF TAKING TIME TO THEMSELVES, AND HOW TO COMBAT THE STRESSES OF COLLEGE LIFE.

SEPTEMBER  
26, 2024

12:30PM - 3:30PM  
SU 220



### This will include:

- Mini Yoga Session
- Designing a Relaxing Playlist to use while studying
- Sharing campus resources for health & wellness
- Creating a “salad in a jar” takeaway for a healthy meal

RSVP Now!

If you have any questions, please  
email Casey Penston at  
Casey.Penston@mtsu.edu

