

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

