



MENTAL HEALTH
AMBASSADORS
ESTABLISHED 2019

WELLNESS WEDNESDAYS

includes a 15 minute guided meditation
by Dr. Kristine Hurst-Wajszczuk

SELF-CARE STRATEGIES WHILE STAYING AT HOME

April 1st
2:30 pm

HEALTHY RELATIONSHIPS

April 8th
2:30 pm

HOW TO HELP A FRIEND

April 15
2:30 pm

DARK HUMOR

April 22
11 am

- **ZOOM MEETING ID: 440 253 2164,
[HTTPS://UAB.ZOOM.US/J/4402532164](https://uab.zoom.us/j/4402532164), (312) 626-6799**
- This is an Honors College Faculty Fellows Initiative
- With any questions please contact Dr. Lanzi at rlanzi@uab.edu

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