

UAB STUDENT HEALTH AND WELLNESS

Collegiate Recovery Community

Spring 2016 Seminar Schedule

January 12	Open Discussion
January 19	Open Discussion
January 26	Speaker: Luciana Silva, <i>Relationships & Recovery</i>
February 2	Open Discussion
February 9	Speaker: Bronwyn McInturff, <i>Boundaries</i>
February 16	Open Discussion
February 23	Speaker: Kelli Lasseter, <i>Managing Anxiety</i>
March 1	Open Discussion
March 8	Speaker: Lisa Oestreich, <i>Prioritizing</i>
March 15	Open Discussion
March 22	Speaker: Connie Gutherie. <i>Addressing Trauma & Emotional Growth</i>
March 29	Open Discussion
April 5	Speaker: Wes Akins, Topic: <i>TBD</i>
April 12	Open Discussion
April 19	Speaker: Tom Moon, <i>"The Disease of Perception"</i>
April 26	Open Discussion



UAB Students Welcome

Tuesdays, 12NOON – 1PM
Student Health and Wellness Center
1714 9th Avenue, South