

You Belong Here

Take Care of You...All of You!

- Get enough sleep!
- Exercise – even moderate exercise helps
- Attend class hydrated and nourished
- Use your **Student Health Center**
Jen Winters – jwinters@manor.edu
- Consult with **Counseling Services**
Christie Prince – cprince@manor.edu
- Spend time with friends, families, pets, etc
- Plan downtime!



Week 5 (9/30) & 13 (11/25)