

4:00-5:00 PM

Husky Hour

LIBRARY EAST
READING ROOM

September.....

Kick it off Right **Tues, 9/4**
You're Somebody's Type **Wed, 9/5**
Get Time on Your Side **Tues, 9/10**
Find Your Pack **Wed, 9/11**
Career Jungle Gym **Tues, 9/17**
Live in the moment **Wed, 9/18**
Formula Based Studying **Tues, 9/24**
Board Game Break **Wed, 9/25**

November.....

Yes, not Sex is the Answer **Tues, 11/5**
Food on the go! **Wed, 11/6**
Rethinking Failure **Tues, 11/12**
LEGOs-Build your network! **Wed, 11/13**
Less Drink, More Think **Tues, 11/19**
Recycle Your Stress **Wed, 11/20**

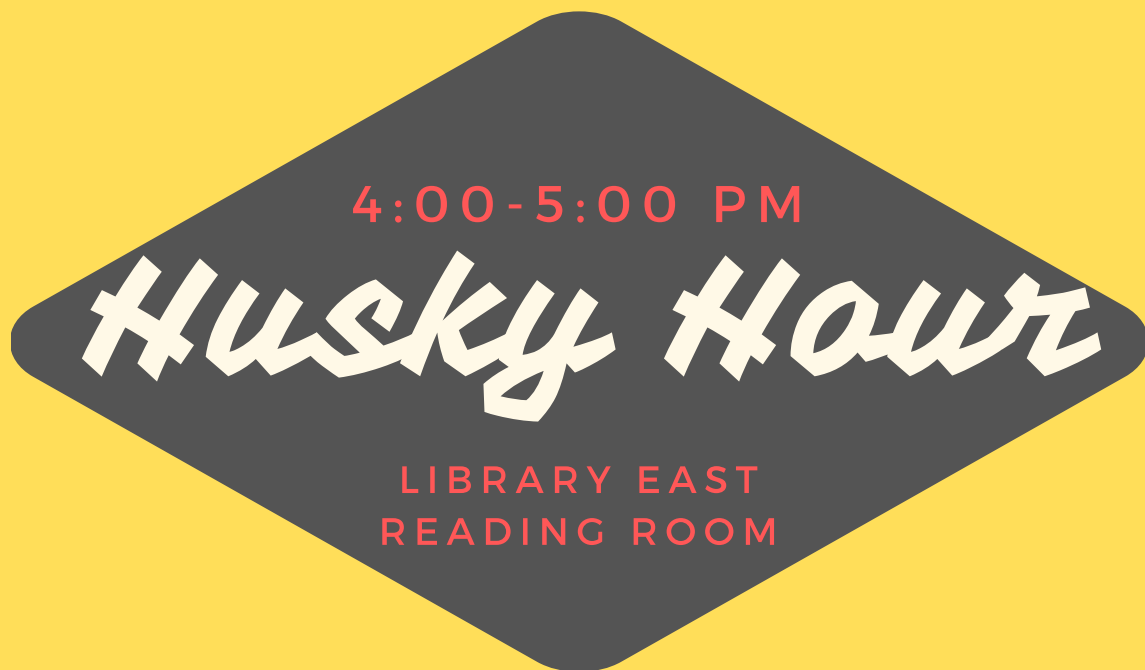
October.....

Good Food, Good Mood **Tues, 10/1**
Send Silence Packing **Wed, 10/2**
Dear Stress, Let's Break-up **Tues, 10/8**
It Starts with You **Wed, 10/9**
Just Keep Swimming **Tues, 10/15**
Pet Therapy Break **Wed, 10/16**
Midterm Reboot **Tues, 10/22**
The Flu Ends with U **Wed, 10/23**
Super Hero Dynamics **Tues, 10/29**
Stretched & Unstressed **Wed, 10/30**

December.....

Getting Your zzzss... **Tues, 12/3**
Finals, the Other F Word **Wed, 12/4**
Relax and Unwind Trivia **Tues, 12/10**
Gettin' Lernt on Alcohol **Wed, 12/11**

For full session descriptions visit:
www.mtu.edu/huskyhour



What is it?

Husky Hour is filled with hacks for a balanced life. From eating right to study strategies to stress management - Husky Hour has you covered!

When is it?

Tuesdays and Wednesdays, 4:00 - 5:00 p.m.

Where is it?

Library East Reading Room (1st Floor)

Where can I find out more?

www.mtu.edu/huskyhour

Food + Prizes + Hacks = Better Semester, Better You!