

4:00-5:00 PM

Husky Hour

LIBRARY EAST
READING ROOM

September.....

Kick It Off Right	9/4
You're Somebody's Type	9/5
Get Time on Your Side	9/10
Find Your Pack	9/11
Create Your Future	9/17
Live In The moment	9/18
Formula Based Studying	9/24
Board Game Break	9/25

October.....

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

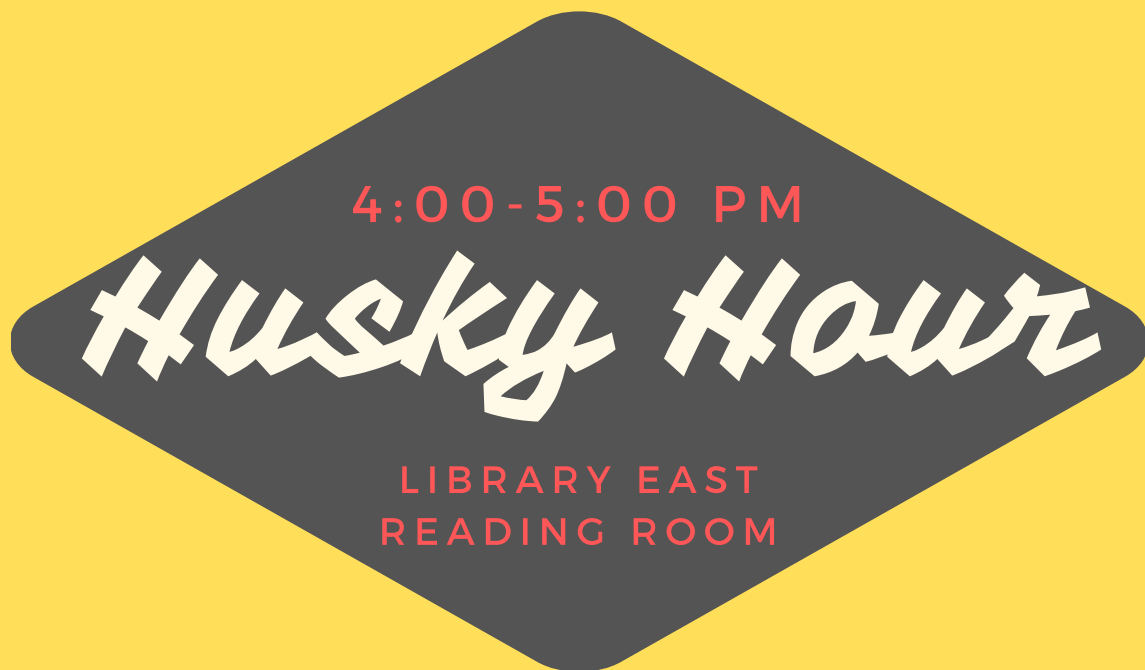
November.....

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

December.....

Getting Your zzzss...	12/3
Finals, The Other F Word	12/4
Relax and Unwind Trivia	12/10
Gettin' Lernt On Alcohol	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!