

Let's Talk



MON, FEB 21
Old Main 2130
6 - 7:30 PM

**I Gotta Put Me First:
Managing your energy and self-care 101**

MON, MAR 21
Old Main 2130
6 - 7:30 PM

**The Balancing Act:
Juggling multiple roles as a college student**

MON, APR 11
Old Main 2130
6 - 7:30 PM

**This Is Too Much:
How to maintain when things feel overwhelming**

Let's Talk is an outreach series that offers students an opportunity to engage in discussions and participate in activities to address various concerns which may impact a student's journey at MSU.



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