

# YOU ARE NOT ALONE:

Adjusting to Loyola Can Be  
Tough, Asking for Help Doesn't  
Have to Be

**LEARN TO MONITOR YOUR MENTAL HEALTH &  
ESTABLISH A SELF-CARE ROUTINE**

Tuesday, September 17 at 5PM in the LSC  
Wellness Center, 3rd floor Granada

Living Your Best Loyola Life drop-in workshop series

**NO RSVP REQUIRED!**



[www.luc.edu/wellness](http://www.luc.edu/wellness)



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