

# AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Fall Semester Begins <u>Self-Care Bingo</u> Begins!	20	21 Walk in Wednesday in AD100, OSU-OKC Mental Health Services	22	23	24
25	26	27	28	29	30	31

# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Campus Closed	3	4 Walk and Talk: 12:30-1:00pm Fitness Pad	5	6	7
8	9	10 Suicide Prevention Walk: Time TBA	11	12	13	14
15	16 Maintaining Mental Health for Students 1pm-2pm SC 304	17	18 Walk and Talk: 12:30-1:00pm Fitness Pad	19	20	21
22	23	24	25 Walk and Talk: 12:30-1:00pm Fitness Pad	26	27	28
29	30	1	2	3	4	5