PERSONAL WELLNESS FRIDAY
Please join us for an interactive personal wellbeing workshop. The workshop will provide participants with strategies designed to enhance their wellbeing. Participants will have an opportunity to invest in their wellbeing through purposeful self-care, stress management, and techniques to manage their personal and academic life. The effective utilization of a positive wellbeing lifestyle will promote a greater opportunity to thrive. Collaborative Partner: Graduate and Student Wellness

“BUILDING A PROFESSIONAL IMAGE”
Please join us for an interactive workshop focused on “Building Your Professional Brand”. The workshop will provide strategies on building your professional image and strategies to perform well in all types of professional environments. The workshop provides an interactive approach to creating and building your professional brand as a student, leader, and professional. Collaborative Partner:

COOKING WITH THE PROS
Join us as we host an interactive cooking demonstration. The cooking demonstration will provide a demonstration from start to finish on determining a cooking menu, meal prep, cooking on a budget without compromising taste. The cooking demonstration will provide you meal options to better enhance a lifestyle of healthy eating. Demonstration via Eat AT State” Facebook page. Collaborative Partner: MSU Culinary Services

BUILDING YOUR FINANCIAL PORTFOLIO
Join us as we host a the “Building Your Financial Portfolio”. The workshop will focus on overall money management including saving, building a strong credit profile, ways to finance special opportunities such as Study Abroad, ways to save and invest your money wisely, and strategies for addressing financial challenges you may encounter in life. If you are interested in building a better financial future this workshop is for you. Collaborative Partner: Michigan State University Federal Credit Union (MSUFCU)

SECURING, MANAGING, AND MAINTAINING A CAR
Please join us for a comprehensive car workshop. We will cover everything from determining if you need a car, how to look for and purchase a new car, and how to secure financing for a new car. The workshop will also provide a practical application workshop on car maintenance. Please join us for this inside look at managing car workshop. Collaborative Partner: MSU Transportation Services and Shaheen Chevrolet

For questions, please email Jakaira Lynn at lynnjaka@msu.edu