

Marshall Online & MUCC

Thrive Online: Wellness & Self-Care



Fuel, Focus, Rest: Foundations of
Everyday Wellness

8/27/2025 @ 12PM

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Mastering Your Minutes: Time
Management for Online Students

9/3/2025 @ 12PM

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Finding Your Flow: Balance &
Boundaries in Online Life

9/10/2025 @ 12PM

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Staying Centered: Mindfulness & Stress
Relief for Busy Students

9/24/2025 @ 12PM

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Caring for You, Caring for Them: Self-
Care for Student Parents

10/1/2025 @ 12PM

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Stronger Together: Understanding & Managing Mental Health



Anxious Times: Strategies for Managing
Worry & Stress

9/18/2025 @ 6PM

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Out of the Shadows: Understanding
Depression & Coping with Depression

9/25/2025 @ 6PM

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More Than a Mirror: Eating Disorders &
Body Image Support

10/2/2025 @ 6PM

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Beyond the Urge: Demystifying
Obsessive-Compulsive Disorder

10/16/2025 @ 6PM

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Real Talk: Navigating Self-Harm and
Finding Healthier Ways

10/23/2025 @ 6PM

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