



Society for  
**HEALTH PSYCHOLOGY**



SCHOOL OF  
PROFESSIONAL  
PSYCHOLOGY

Co-hosted by the APA's Society for Health Psychology (Division 38) and Wright State University's School of Professional Psychology (SOPP)

# Supporting Whole-Body Health in College & the First Steps to Turning Self-Care into a Career

Take a break from college classes and responsibilities at this **FREE** virtual 1-hour workshop.

**Tuesday, May 26<sup>th</sup> at 3:00-4:00 pm EST**

<https://us02web.zoom.us/j/83379732625?pwd=KN5Kh9UvebKdAsV0nalaU6lgveTvSZ.1>

Meeting ID: 833 7973 2625 | Passcode: 373128

- Play a whole-body health Jeopardy game featuring tips for sleep, sexual health, anxiety, depression, chronic pain, & alcohol use.
- Start creating a self-care plan that fits your lifestyle.
- Learn how to connect with and join APA's Society for Health Psychology as an undergrad student.
- Explore career options in the health psychology field.

**All undergraduate students are welcome to attend**