**GRADUATE, PROFESSIONAL & POSTDOC**

**Mental Health**

**AWARENESS WEEK**

**October 8-12, 2018**

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**SCHEDULE**

**Monday, October 8**

5:10 - 6:10pm
Memorial Hall
Together Alone: the Unshared Stories of Mental Illness in Academia with Susanna Harris, founder of PhDepression

**Tuesday, October 9**

4:30 - 5:30pm
White Hall Classroom Building, Room 106
Mental Health Concerns of Graduate Trainees with Dr. Nathan Vanderford of the UK College of Medicine

**Wednesday, October 10**

10:30 - 11:30am
Stoll Field
(Rain location: Niles Gallery in Fine Arts Library)
Yoga for Mental Wellness with Jacqueline Hanson from the UK Health and Wellness Program

**Thursday, October 11**

12:15 - 1:15pm
Gatton Student Center Ballroom 212C
Selfcare While in Graduate School with the UK Counseling Center
Pizza and snacks served at noon
Co-Sponsored by the UK Counseling Center

1:15 - 3:15pm
Gatton Student Center Ballroom 212B
Mental health Resource Fair
Bagged snacks provided
Co-Sponsored by the UK Counseling Center

**Friday, October 12**

12:00 - 1:00pm
Young Library, B-108C
Eat, Sleep, Study, Repeat: How Proper Sleep and Nutrition Habits Affect Mental Well-Being with Kendra Oo, Registered Dietician and TA in Dietetics and Human Nutrition, and Ren Guerriero from UK O’Hara Sleep and Circadian Research Lab

Co-Sponsored by the UK Society of Postdoctoral Scholars

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