

SOUTHERN ILLINOIS UNIVERSITY CARBONDALE



DAY & WEEK OCTOBER 14 - 18, 2024

De-stress with a full week of activities leading up to the big day.
Join us before, in-between, or after classes!
This year's theme is **SALUKIS SUSTAINING SOUNDNESS**

Check out the daily themes for Saluki Cares week:

- Monday, October 14: Mindfulness Mentality Monday
- Tuesday, October 15: Turnt Tuesday
- Wednesday, October 16: Wellness Wednesday
- Thursday, October 17: **SALUKIS CARE DAY**
- Friday, October 18: Financial Friday
- Friday, October 18: Fall Break- No Class



scan for a full list
of activities



EVENT CONTACT: SIUCARES@SIU.EDU
WEBSITE: DOS.SIU.EDU/SALUKI-CARES-DAY.PHP
FOR DISABILITY ACCOMMODATIONS CALL 618/453-5738