

SOUTHERN ILLINOIS UNIVERSITY CARBONDALE



WEEK OF EVENTS

De-stress with a full DAY of activities.
Join us before, in-between, or after classes!

This year's theme is
Salukis Striving, United, Soaring and Succeeding

Check out the daily themes for Salukis Care week:

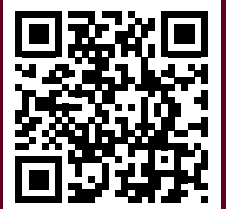
Monday, October 6: Money Mindset Monday | SSB 170 | 3:30-4:30 PM
Mentality Mindset Game Night with CAPS | Becker Pavilion | 2:30-4 PM

Tuesday, October 7: Turnt Tuesday | Health Snacks | Student Recreation Center
8 AM-4:30 PM

Wednesday, October 8: Wellness Wednesday | SSB 170 and Faner Plaza | 10 AM-4 PM

Wednesday, October 8: SALUKIS CARE DAY

Thursday, October 9: Thoughtful Thursday | Wellness and Health Promotion | SSB170 | 3-4 PM



Scan for a full list
of activities



Southern Illinois University
CARBONDALE

EVENT CONTACT: SIUCARES@SIU.EDU
WEBSITE: SALUKICARES.SIU.EDU
FOR DISABILITY ACCOMMODATIONS CALL 618/453-5738