

the

LAUNCH

project

FALL 2022 SESSIONS

Handle college life like a pro with the LAUNCH project.

All sessions are from 3:30pm–4:30pm

Attend in person at Kulhavi Hall, Room 146 or virtually by scanning this QR code
& using the passcode: LAUNCHF22



September 7

Intention Setting

September 28

Growth Management

September 14

Loneliness

October 5

Boundaries

September 21

Self-Care

October 12

Stress Management



STUDENT AFFAIRS

CMU CARES

CENTRAL MICHIGAN UNIVERSITY



OFFICE OF

RESIDENCE LIFE

CENTRAL MICHIGAN UNIVERSITY