



IOWA

The University of Iowa's Very First

Mental Health & Well-Being Pecha Kucha

"Engage the Innovators"

Pecha Kucha is Japanese for chit-chat.

Pecha Kucha emphasizes storytelling via imagery over words.

This fun, interactive, and highly engaging workshop style is used to elevate the voices of our campus "mental health and well-being innovators" to provide you:



New ways of thinking about your work from a mental health & well-being lens.



Tangible take-aways about innovative mental health and well-being practices occurring on campus.



Connections to share and receive what others are doing to advance campus mental health and well-being.

Join 1 or all 3! The overall focus is body, mind, and spirit.

Roundtable discussions will follow each Pecha Kucha to share about what you heard and to share your takeaways.

Refreshments will be served.

Pecha Kuchas are free and open to all. RSVP recommended.

**Three 1-hour
Pecha Kuchas**

Caring for Self

Thursday

November 7, 2024

10 - 11 AM

**University Capital Center
(UCC), Room 2520D**

Caring for Others

Thursday

November 7, 2024

1 - 2 PM

**University Capital Center
(UCC), Room 2520D**

Caring for Community

Thursday

November 7, 2024

3 - 4 PM

**University Capital Center
(UCC), Room 2520D**



RESERVE YOUR SPOT NOW:

<https://bit.ly/PechaKuchaUIowa>

