**Monday, October 7, 2019**

- **Flu Shot Clinic**
  - Location: Student Life Center
  - Time: 8-11 a.m.
  - Description: Free flu shots will be given to students, faculty, and staff.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Find out how you can make a difference in the world through Baylor Mission Trips.

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

**Tuesday, October 8, 2019**

- **Kappa Chi Alpha Mixer**
  - Location: Room of Poage Library
  - Time: 5-6:30 p.m.
  - Description: Meet and mingle with Kappa Chi Alpha at their annual mixer.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

**Wednesday, October 9, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Thursday, October 10, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Friday, October 11, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

**Steppin' Out**

- **Steppin' Out Registration**
  - Location: Black & Gold Commons
  - Time: 7 a.m.-3 p.m.
  - Description: Sign up for Steppin' Out, the annual walkathon that benefits local charities.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

**Saturday, October 12, 2019**

- **Homecoming Dr Pepper Hour**
  - Location: Atrium on the 6th floor
  - Time: 2-4 p.m.
  - Description: Enjoy Dr Pepper and snacks in the Atrium during Homecoming Week.

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Sunday, October 13, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Monday, October 14, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Tuesday, October 15, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Wednesday, October 16, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Thursday, October 17, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Friday, October 18, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Saturday, October 19, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Sunday, October 20, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Monday, October 21, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Tuesday, October 22, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Wednesday, October 23, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Thursday, October 24, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.

**Friday, October 25, 2019**

- **Mindfulness**
  - Location: Room of Poage Library
  - Time: Monday, Wednesday, Friday, 12-1 p.m.
  - Description: Practice mindfulness to reduce stress and increase mental health.

- **Global Missions Interest Meetings**
  - Location: Monday, Tuesday, Thursday, 5-6 p.m.
  - Description: Learn about upcoming global missions opportunities.