

Happy Monday ISO Family!

First General Meeting



Thank you to everyone who made it to our first general meeting! If you were not able to join us, no worries we got you covered! Click below to check out the meeting slides and stay up to date with us!

[Meeting Slides](#)

Tell Me More!

ISOxCAPS Stress Management Workshop

Special Guest:
Dr. Morgan McCain

ISO - CAPS SERVICE
STRESS MANAGEMENT, MINDFULNESS,
MEDITATION

HOW TO *Deal with Stress*

Join us in a workshop where we delve into stress management and give you the necessary techniques and tools to help you deal with anxiety and stress.

WHEN:
SEPTEMBER 24, 2:00 -
3:00 PM

WORKSHOP THROUGH ZOOM*

[Zoom Link](#)

Learn About Your Options After Graduation

NOT SURE WHAT TO DO AFTER GRADUATION?

Come hear international alumni talk about their experience and learn about all your options!

Tuesday Sept. 29th
6-7pm
Through zoom

[Zoom Link](#)

Q & A With ISO

COME JOIN US HAVE FUN GET INFORMATION

WEDNESDAY
9/23
12-2PM
STUDENT CENTER

Stop by and chat with us! We will be at the Student Center South this Wednesday from 12pm to 2pm!

Check out our social media below!



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