

What Now? Transitioning Out of Sport Workshop Series

With Counseling Center Intern, Azariah Bowden

**Open to all
graduating
student-
athletes**

This workshop series is designed to help student-athletes normalize and prepare to navigate life beyond college athletics. You are not alone in this change - let's navigate this next chapter together!

Topics such as..

- Transferable Life Skills
- Post Sport Blues
- Athletic Identity
- Nutrition Post Athletics
- Support Resources

2 Sessions each month from February- April

Starting Feb. 13th | 12:30pm-1:30pm | College Hall 01

Questions? Email me: azariah.bowden@regiscollege.edu