

# "HOW TO..." SERIES

LEARN HOW TO DO NEW STUFF TO  
ENHANCE YOUR WELL-BEING IN A  
QUICK, 30-MINUTE SESSION. ALL  
SESSIONS ARE ON ZOOM AND START  
AT 7 PM

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SEPTEMBER 15: HOW TO USE YOUR  
HEALTH INSURANCE

OCTOBER 20: HOW TO BE A CLIENT  
IN MENTAL HEALTH SERVICES

NOVEMBER 17: HOW TO BE A  
PATIENT IN PRIMARY CARE

DECEMBER 15: HOW TO HAVE  
CHALLENGING CONVERSATIONS

ALL SESSIONS WILL BE ON ZOOM  
AND RECORDED. USE THE QR  
CODE TO JOIN



FOR DISABILITY ACCOMMODATIONS PLEASE  
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JOHNS HOPKINS  
UNIVERSITY

Student Health & Well-Being  
Health Promotion & Well-Being