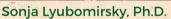
Live Kind Panel

Wednesday, October 7, 2020 12 p.m. - 1 p.m.







Kalina J. Michalska, Ph.D.



Megan L. Robbins, Ph.D.



Kate Sweeny, Ph.D.

Research shows that kindness increases happiness and energy while decreasing stress!

UCR Healthy Campus is launching the LiveKind campaign with a Kindness panel. The inaugural panel will feature UCR Psychology Faculty who research the effects and impacts of kindness on emotional and physical well-being. They will share insights into kindness and ways to encourage the UCR campus community to be kind to one another and create a sense of community and belonging.

To register, go to https://ucr.zoom.us/webinar/register/

