

# OCAT FRIDAYS



1:00—3:00PM

Office of Cultural & Academic  
Transitions (OCAT)

Student Services Building,  
Room 339  
556 East Circle Dr.  
East Lansing, MI 48824  
(517) 353-7745  
ocat@msu.edu

# NOVEMBER

REFRESHMENTS ALWAYS  
PROVIDED!

## NOV. SCHEDULE

MOVIE & POPCORN  
DIA DE LOS MUERTOS



8

LIVING A HEALTHIER YOU  
MAKE YOUR OWN TRAIL MIX

LEARN ABOUT PLANT  
BASED DIET & MORE!  
—from ALESSANDRA  
ALVAREZ-PAINES!



15

HOW DO YOU EXPRESS YOURSELF?

LEARN HOW  
TO DRAW  
GRAFFITI-  
STYLE!



w/ Juan Flores  
& Ted Gloster

22

OCAT'S FRIENDSGIVING

Join us for a mini-thanksgiving meal



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UNIVERSITY  
CLOSED

[www.ocat.msu.edu](http://www.ocat.msu.edu)