

President's Spring 2023 Speaker Series

A Falcon's Guide to SOARING to New Heights

The Spring 2023 President's Speaker Series: A Falcon's Guide to Soaring to New Heights will provide expert discussion and insights on how you can master the art of mental, physical, and financial health.

Soaring to New Heights will give you tips and tricks to create the ideal work-life balance and raise your overall well-being to new heights.



**Friday,
March 3**
9 a.m.-Noon
FA 133/134

The Art of Being Mindful

Presented by:
Janice Marturano,
[Institute of Mindful
Leadership](#)
Founder and Director



**Friday,
March 31**
9:30 a.m.-11 a.m.
FA 133

The Art of Financial Planning

Presented by:
SchoolsFirst
Credit Union
Everardo Velazquez,
*Financial Education
Programs Specialist*
Daniel Christofferson,
*TPA Relationship
Specialist*



**Friday,
April 7**
9:30 a.m.-11 a.m.
FA 133

The Art of Self-Defense

Presented by:
Cerritos College
Campus Police
Randy Albano,
Sergeant
Terri Ramirez,
Officer