

Brought to you by the Student Programming Board

Balancing life through self-care: Becoming the best version of yourself

Sessions that will help bring positive energy and inspiration to your 2021.

What is self-care?

Wed. March 24

An introductory workshop to learning and understanding what self-care is.



Relaxation through Meditation

Wed. April 21

Inhale positivity and exhale negativity. Introductory session to meditation.



Mindful Stretching

Wed. March 31

A session to help you connect with your body through stretching.



Redefining your Self-Talk

Wed. April 7

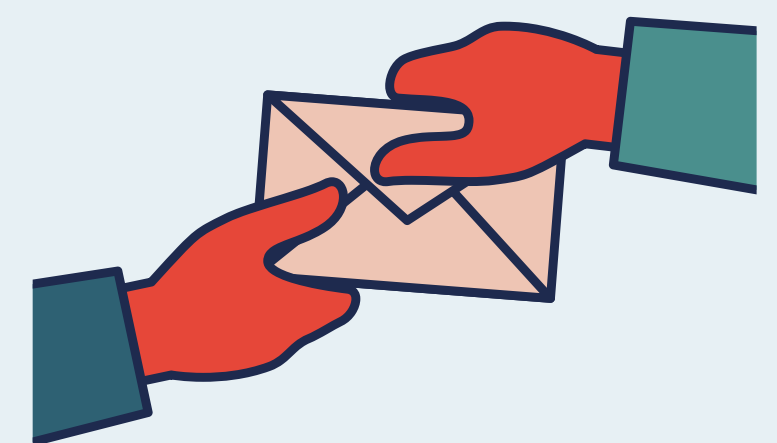
Come nourish your mind and heart with positive self-talk. Give your negative self-talk a break! A fun and vulnerable session for anyone ready to meet themselves halfway.



Letter to Future Self: Defining goals and aspirations

Wed. April 28

Ever wonder what you would say to your future self. Join us for a session of self-reflection and personal intentions.



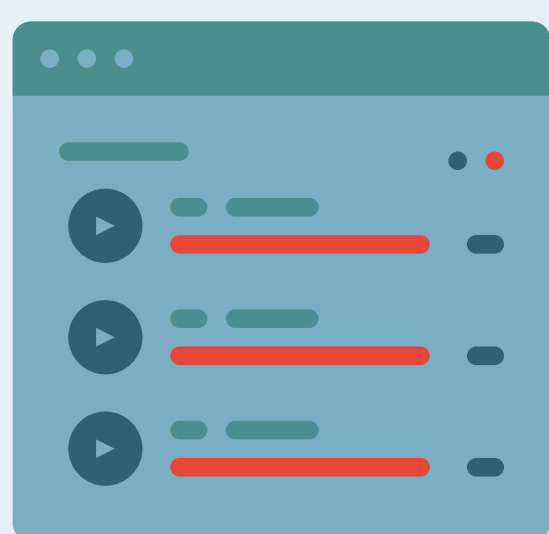
**Feel free to join all the sessions
or just the ones you can.**

All events start at 4 p.m.

Get in Tune: Create a collective self-care playlist

Wed. April 14

When you are down and low what tune helps you come back and puts a smile on your face. A session to create a collective playlist of "get happy" music.



Zoom Link to event:

<https://tinyurl.com/youcomefirst21>

For questions, please email us at studentlife@cerritos.edu or DM us on our IG account [@falconstudentlife](https://www.instagram.com/falconstudentlife).

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in this event, please submit your request to AccommodationsRequest@Cerritos.edu within seven school days in advance of the event.

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