

STRESS LESS WEEK



Create a playlist

Monday, May 9 | 12 p.m.-1 p.m.

Presenter: Amna Jara

Mindfulness Hour

Tuesday, May 10 | 12 p.m.-1 p.m.

Presenter: Active Minds Club

Solve the Coping Puzzle

Wednesday, May 11 | 12 p.m.-1 p.m.

Presenter: Virginia Beas and
Veronica Sanchez

Take a Load off and Meditate

Thursday, May 12 | 12 p.m.-1 p.m.

Presenter: Cynthia Munoz and
Jazmin Rodriguez

Zoom information for all sessions:

Meeting ID: 991 4082 1600

Password: 2548163

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.



Associated Students
of Cerritos College