

Sponsored by Student Health Services

STRESS AWARENESS WEEK

MON, OCT

30

Box Breathing
Technique

Library
Sidewalk
12-1:30 pm

TUE, OCT

31

Meditation Room
Open House

Student Health
Services
12-1 pm

WED, NOV

1

Paws - To - Share

Falcon Square in
front of LRC
entrance
10 am - 12 pm

THUR, NOV

2

De-Stress
Bracelet Making

Learning Center NW
Amphitheater next to
Library
11 am - 12:30 pm

FRI, NOV

3

Take a stress test.

Online



CERRITOS
COLLEGE