

Stress Awareness Week:

workshop series

Emotional Wellbeing & Stress Workshop: Understanding, Managing, and Thriving presented by LA Department of Mental Health

- Tuesday November 4th
- 11:00am - 12:00pm
- Location: LC 155

Color Your Calm: A Mindful Moment with Music & Mandalas

- Wednesday November 5th
- 12:30pm - 2:00pm
- Location: MP 101

Mark the Moment: A creative pause for your mind and body.

- Thursday November 6th
- 11:00am - 12:00pm
- Location: Student Center Main Floor



Stress Awareness Week:

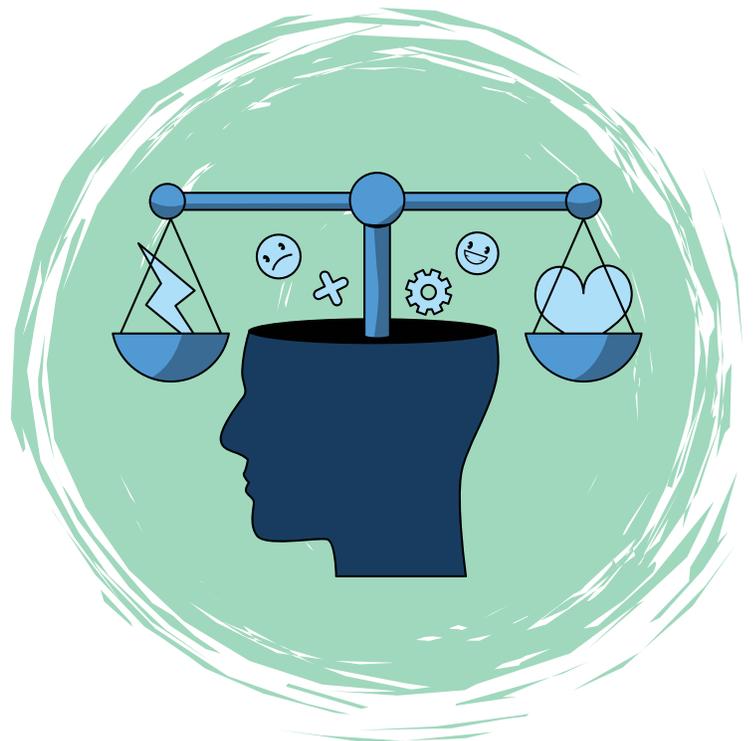
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Student Health
Services

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