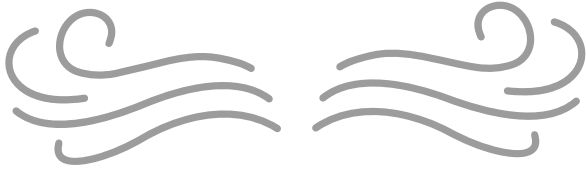
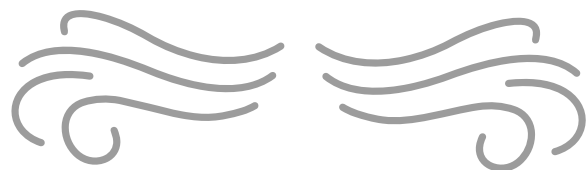
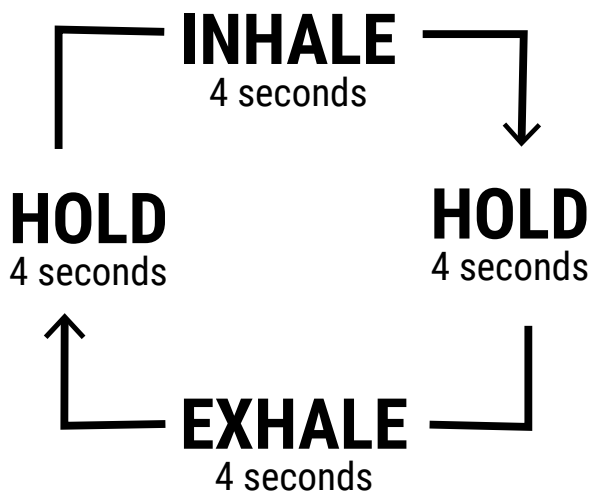


FALL 2026

Bookmarks & Box Breathing



BOX BREATHING



Pause. Breathe. Bookmark.
Stop by to customize a bookmark and learn a quick, 4 step, breathing strategy to reset your nervous system.

DATE: Weds, Nov 4

TIME: 12:30 PM - 2:00 PM

LOCATION: Sidewalk near
Liberal Arts
Building

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in these events, please submit your request at <https://www.cerritos.edu/accommodations-request> within 7 school days in advance of the event.



Student Health
Services