



WELLNESS, WELLBEING & YOU EL BIENESTAR & TU



**OCTOBER IS THE MONTH OF:
BREAST CANCER AWARENESS
DOMESTIC VIOLENCE AWARENESS
EMOTIONAL WELLNESS
HEALTH LITERACY
WORLD MENTAL HEALTH**



Zoom Bilingual Chats / Charlas bilingües de Zoom

- Tues. Oct. 1 - Kick-Off -- Wellness & Wellbeing 5:00 pm
- Thurs. Oct. 3 - Holistic Healing 1:00 pm & 5:00 pm
- Tues. Oct. 8 - Stress Management 1:00 & 5:00 pm
- Thurs. Oct. 10 - Mental Health & Coping Tools 1:00 & 5:00 pm
- Tues. Oct. 15 - Prevention Planning 1:00 & 5:00 pm
- Thurs. Oct. 17 - Spirituality Practices 1:00 & 5:00 pm
- Wed. Oct. 23 - Body Movement Possibilities 1:00 & 5:00 pm
- Tues. Oct. 29 - Nutrition Counts 1:00 & 5:00 pm
- Thurs. Oct. 31 - How to Keep Getting Better 1:00 & 5:00 pm

In Person & Zoom



In Person & Zoom

Feature Presentation--Watch for details

Domestic Violence & Intersectionality

Dr. Michelle Martinez

Hosted by Psychology Dept.

Wellness Day--Event of the Month

Sat. Oct 26, 10:00 am - 1:00 pm

Main Campus-Atrium

Hosted by Student Council & SSC



MORE INFO

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