

## **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







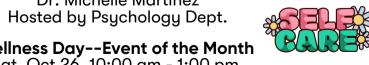


In Person & Zoom

Feature Presentation--Watch for details

**Domestic Violence & Intersectionality** 

Dr. Michelle Martinez



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** 

Menta

**Health Matters** 

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