



Wellness Workshop Schedule SPRING 2019

Mondays:

3 p.m. | Managing Test Anxiety (beginning Feb. 25)

3 p.m. | Express Your Stress | held at the Center for Creativity
(Jan. 29, Feb. 25, Mar. 25, Apr. 22)

Tuesdays:

2 p.m. | Financial Wellness: Coping with Financial Stress
(beginning Feb. 12)

4 p.m. | Bouncing Back (beginning Jan. 22)

Wednesdays:

1 p.m. | Healthy Relationships (beginning Feb. 6)

Thursdays:

1 p.m. | Anxiety Management 101 (beginning Jan. 24)

3 p.m. | Brain Boosters (beginning Jan. 24)

7 p.m. | Self Care as Social Justice | held at the CCLD office
(beginning Jan. 17)

Fridays:

10 a.m. | Mindful Emotions (beginning Jan. 25)

No need to preregister, walk ins welcome!

All workshops are held in the Wellness Center unless otherwise specified. Please check in at the front desk.