

Spring 2014

Personal Wellness Workshops



Come join us for a series of workshops about stress management, dating, community resources, parenting, and communication that will provide tools and resources to be successful in school and in your personal life!

Workshops are brought to you by the Health Center & the Student Success Center.

If you have any questions call or stop by

Student Health Center

SSB Room 115

323-241-5252

Ask for Andrea or Briana

Student Success Center

SSEC Room 110

323-241-5455

Spring 2014 Wellness Workshops

DATE/TIME	TOPIC	LOCATION
Tuesday, 02/25/14 11:10 am- 12:30 pm	Stress management	SSEC Room 210
Tuesday, 03/11/14 11:10 am- 12:30 pm	Parenting	SSEC Room 210
Tuesday, 03/25/14 11:10 am- 12:30 pm	Community Resources	SSEC Room 210
Tuesday, 04/15/14 11:10 am- 12:30 pm	Communication	SSEC Room 210
Tuesday, 04/29/14 11:10 am- 12:30pm	Dating	SSEC Room 210
Come Join Us!		