CSULB Student Health Services presents:

Wellness Wednesdays

Sept 5: Get Inspired! New Year, New You!
Sept 12: Body Positive
Sept 19: Coping with Anxiety & Depression
Sept 26: Gender & Sexual Identity
Oct 3: Stress Less
Oct 10: Dating & Relationships 101
Oct 17: PAUSE! See, Think, Act
Oct 24: Eating Healthy on a Budget
Oct 31: Chill Out! Yoga & Meditation
Nov 7: Getting a Better Night’s Sleep
Nov 28: Knowledge is Power: Get the facts about HIV
Dec 5: Staying Healthy for the Holidays (USU-306)

Every Wednesday in USU 305

12:30-1:30 p.m.

Interactive workshops for college students! Snacks!

RSVP on BeachSync

(562)985-4609 / hrc@csulb.edu www.csulb.edu/hrc

CSULB Division of Student Affairs, Student Health Services, Health Resource Center