

Join us for Wellness Week! ***Monday, 10/26 – Thursday, 10/29***

The [CSM Wellness Center](#) will be offering a variety of workshops on self-care, physical care, and sexual care next week. The [full schedule](#), along with Zoom links, can be accessed by clicking the image below.

Wellness Week

Get started on a healthier lifestyle.

COLLEGE OF SAN MATEO

OCTOBER 26th-29th

**A week long event to learn about
ways to take care of yourself
physically, mentally, and
emotionally!**

College of San Mateo

