

Save the date !

**THE WELLNESS TEAM IS
PLANNING A WELLNESS
FAIR : APRIL 12TH THRU
APRIL 15TH**

**Time: 12:00pm- 3:00 pm
(three 30-minute sessions
a day)**

**List of professors who are giving extra credit
for attending will be posted on the Wellness
Center website.**

The **Wellness Center**

Cañada College
DISABILITY RESOURCE CENTER (DRC)

Cañada College
PERSONAL COUNSELING CENTER (PCC)

Cañada College
HEALTH CENTER

Topics will include
**COVID 19, stress,
Healthy habits,
Mindfulness and so
much more**

**Webinar topics
and links to follow
soon**