

Wellness Center Workshops

Spring 2023

Time Management Workshop

Date: February 2nd

Time: 3pm - 4 pm

Where: Faculty

Dining Room

Midterms Stress Management Workshop

Date: March 9th

Time: 3pm - 4 pm

Where: Faculty

Dining Room

Finals Stress Management Workshop

Date: May 4th

Time: 3pm - 4 pm

Where: Faculty

Dining Room

Questions?

Contact wrcwellness@ccc.edu