



STRESSED ABOUT FINALS?

ATTEND OUR

MINDFULNESS

VIRTUAL WORKSHOP

What is Mindfulness?

Learn how mindfulness can benefit you as a student!

Tuesday, December 8th @ 4PM: [REGISTER HERE](#)
Thursday, December 10th @ 1PM: [REGISTER HERE](#)

Presented by Jill Luster, Counseling Intern
For Questions Call/Text: 951-291-8588
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