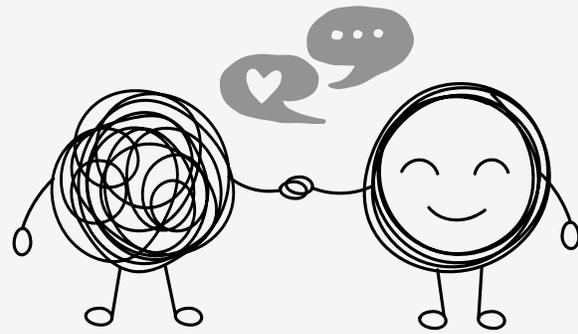


# HEALTH & WELLNESS WORKSHOPS



ATTEND TWO (2) WORKSHOPS AND RECEIVE A \$10 CORRAL VOUCHER UP TO 3 TIMES EACH SEMESTER! TAKE A BREAK FROM YOUR BUSY SCHEDULE AND INVEST IN YOUR OVERALL WELLNESS.



## Monday

MOTIVATION

9:00 AM

MANAGING TIME

5:30 PM

## Tuesday

BOOST YOUR MOOD

9:00 AM

BALANCING STRESS

5:30 PM

## Wednesday

DEFEATING ANXIETY

9:00 AM

MINDFUL PARENTING

5:30 PM

## Thursday

IMPROVING SLEEP

9:00 AM

WOMEN WELLNESS

5:30 PM

CHECK OUT OUR WELLNESS EVENTS AND WORKSHOPS AT [NORCOLLEGE.EDU](http://NORCOLLEGE.EDU).



**NORCO**  
COLLEGE

Health Services



✉ [studenthealth@norcocollege.edu](mailto:studenthealth@norcocollege.edu)

☎ (951) 372-7046

Riverside Community College District is committed to providing access and reasonable accommodation to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Health Services at (951) 372-7046 by no less than three days before the event. Requests received after this date will be honored whenever possible.