

Spring Wellness Groups

Hosted by the Student Health Services Department

MOTIVATION MONDAY

Every
Monday
9:00 am



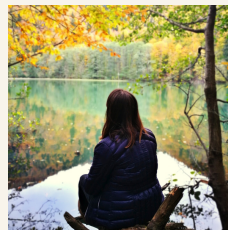
BUILDING RELATIONSHIPS

Every
Tuesday
9:00 am



DEFEATING ANXIETY

Every
Wednesday
9:00 am



IMPROVING SLEEP

Every
Thursday
9:00 am



Virtual Events

Registrants will receive an access link

Register Here:



NORCO
COLLEGE

Health Services

951-372-7046 

studenthealth@norcocollege.edu 

Riverside Community College District is committed to providing access and reasonable accommodations to all programs and activities. Accommodations for persons with disabilities may be requested by contacting DSS@mvc.edu or call 951-571-6317