

Laney Student Health Services presents

WELLNESS

WEDNESDAYS

on how to manage stress

Wednesdays 12 - 1 pm
Student Center, Room 411
(4th Floor)

Workshops with movement, meditation, & discussions on the following topics

September 21	General Health Tips
September 28	Enhancing Sleep
October 5	Understanding Stress
October 12	Overcoming Addictions
October 26	Depression
November 2	Weight Management
November 9	Financial Wellness
November 16	Interpersonal Communication
November 23	Alcohol & Other Drugs
November 30	Changing One's Mindset
December 7	Ways to Improve Mental Health

Win \$50 Trader Joes and bookstore gift cards!

Laney College does not discriminate on the basis of age, race, religion, color, gender identity, gender expression, sexual orientation, ancestry, citizenship, national origin, military or veteran status, disability, marital status, pregnancy, medical condition, and immigration status.

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