Wellness Workshops
Fall 2017 - September

All workshops take place 3:15-4:10PM in Student Health Center Room 210, unless otherwise specified below.

College Health 101

Not sure how to stay healthy while juggling school, work and your personal life? At this workshop we will focus on the physical aspects of staying healthy including sleep, nutrition, fitness and sexual health.

Mental Health & Higher Education

Sept. 11

Join us for this enlightening workshop that can help you successfully navigate the mental health pitfalls of university life. Together, we'll explore and tackle the life of a first year student, navigating pitfalls, recognizing when you are in the pit, climbing out, finding balance and self care.

Nurturing the Nonvisible Self: How to Promote Spiritual Wellness

Sept. 25

1:40-2:40pm

This workshop focuses on strategies to care for our non-physical being. We will explore aspects of non-religious spiritual practice, including interacting with nature, developing rituals and clarifying intentions, that can help us sustain overall health, balance and wellbeing.

Student Leader Wellness

Sept. 28

Student leadership is crucial to the progress of clubs, organizations and the campus community as a whole. Join us for this workshop to learn the skills needed to effectively lead groups in and out of the classroom, as well as in your personal and professional experiences.

Student Health Center
www.calstatela.edu/studenthealthcenter/events
(323) 343-3340
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Control
Healthy relationships are founded on respect. Abusive relationships are built on foundations of control. Join us for this interactive exploration of healthy, unhealthy and abusive relationships in recognition of National Domestic Violence Awareness Month. We'll examine relationship characteristics, campus policies and the law, and how and where to obtain help.

Oct. 10

Out of Time - Time Management 101
Are you stressed? Are you out of time? College students can be notoriously stressed out. One way to curb stress is through time management. This workshop will highlight the effects of stress on health and supply you with creative time and stress management techniques to help you succeed.

Oct. 26

Shh! Protect Your Hearing
Isn't hearing loss only an issue for the elderly? Absolutely not! Come learn about the factors that might be putting your hearing at risk and how you can protect yourself from hearing loss.

Nov. 13

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