

Health Hut Calendar

All Health Huts take place on Wednesdays on Instagram Live!
@CalStateLASHAC

Jan & Feb

1/27: Technology
Awareness @ 11a.m.

2/3: Seasonal Flu @ 1 p.m.

2/10: Dating during a pandemic
@ 11a.m.

2/17: Cancer Awareness @ 1p.m.

2/24: Nursing Students Collab @
11a.m.

March

3/3: Stress during quarantine
@ 1 p.m.

3/10: Biology of Sleep @ 11 a.m.

3/17: Motivational
Manifestation @ 1 p.m.

3/24: Make 'MyPlate' Yours
@ 11 a.m.

April

4/7: Alcohol Awareness @ 11a.m.

4/12-15: WELLNESS WEEK

4/21: Domestic Violence Awareness @ 1 p.m.

4/28: Caffeine Awareness @ 11 a.m.

May

5/5: Inhalants & Poison
Safety @ 1p.m.

5/12: Finishing Finals Strong
@ 11a.m.

