Wellness Workshops
Fall 2018 - September

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

Nurturing the Nonvisible Self:
How to Promote Spiritual Wellness

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.

Out of Time - Time Management 101

Are you stressed? Do you feel like you're 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.

Let's Talk Cannabis

It’s legal in California, so let’s talk cannabis! There’s a lot to consider before you decide to use, if you’re of legal age. Join us in discussing the various forms of cannabis, the potential effects on your health and its impact on your college experience.

Sept. 13
Sept. 26
Sept. 27

Student Health Center
www.calstatela.edu/studenthealthcenter/events (323) 343-3340
Wellness Workshops
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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. 11

Opioids & Other Prescription Medications
Prescription drug misuse has become an epidemic in the United States and the age group with the highest number of opioid deaths in LA County in 2016 was 20-29 year-olds. This workshop will cover opioids, sedatives and stimulants. You will learn what these medications are prescribed for, how they work, side effects, risk for addiction, what to do in case of an opioid overdose and resources for substance use disorder treatment.

Oct. 16

Emergency Preparedness
There are all kinds of emergencies out there that we can prepare for. Take a zombie apocalypse for example. You may laugh now, but when it happens you’ll be happy you came to this workshop. Zombies aren’t the only thing to worry about. We have earthquakes, storms and power outages to think about too. Join us to learn about staying safe during natural (and un-natural) disasters. We’ll be raffling off an emergency pack to one lucky winner.

Oct. 25

Honoring Your Daily Cycle: 3 Pillars of Health
In our current culture, we are constantly faced with more and more demands on our time... our “to do” list becomes long before we know it! How can we manage stress and remain healthy so that we can continue our good work and enhance our chances of success? Come address these questions with us as we explore ways to approach each day of the week, tuning in to clues from our ancestors, and from nature itself.

Oct. 30

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