

Student Health Services
presents

Meditation Workshop

Looking for a little quiet time to relax and calm the mind? Join us for a short, guided meditation with the Calm app.

Access workshop with the link below:

<https://cccconfer.zoom.us/j/8426190856>

Tuesdays at 1:00pm

March 30 April 13, 20, 27

May 4, 11

And 1:00pm during exam week

May 17, 18, 19, 20

For more info call (209) 384-6045

