
SPRING 2021 WORKSHOPS FOR SHS



Stay tuned for details on these upcoming workshops with Student Health Services!

Fliers for each workshop will be sent out via student e-mail and the MC Portal within a week of the event and will also be posted on the SHS website.

March 8th, 12pm-1pm

Reducing Stress with Art

March 17th, 1pm-2pm

The Stress/Sleep Relationship

April 14th, 2pm-3pm

Kognito At-Risk for Students

May 5th, 1pm-2pm

Stress Management & Relaxation

May 13th, 10am-11am

Intro to Wellness Central