

**FALL
2024**

Health & Wellness Workshops

Hosted by Student Health & Psychological Services

Health Services offers virtual wellness groups designed to help you manage time, balance stress, and practice mindful parenting. Take a break from your busy schedule and invest in your overall wellness.

Mondays	Tuesdays	Wednesdays	Thursdays
MOTIVATION 9:00 AM	BOOST YOUR MOOD 9:00 AM	DEFEATING ANXIETY 9:00 AM	IMPROVING SLEEP 9:00 AM
HEALING THROUGH FOOD 1:00 PM	TRANQUILITY TUESDAY 11:00 AM	MINDFUL PARENTING 5:30 PM	WOMEN WELLNESS 5:30 PM
MANAGING TIME 5:30 PM	BALANCING STRESS 5:30 PM		



Check out our wellness events and workshops at norccollege.edu. Attend two (2) workshops and receive a \$10 corral voucher up to 3 times each semester!



**NORCO
COLLEGE**

Health Services

951-372-7046 ☎

studenthealth@norccollege.edu 🌐

Riverside Community College District is committed to providing access and reasonable accommodation to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Health Services at (951) 372-7046 by no less than three days before the event. Requests received after this date will be honored whenever possible.