

# World Mental Health Day

Join us for a yoga workshop with  *Dat Yoga Dude*

**OCTOBER 10TH**

**12:30-2:30PM**

**CSS LAWN**

**BRING YOUR OWN YOGA MAT  
AND RECEIVE A HEALTH SERVICES  
GOODIE BAG**

**NORCO**  
COLLEGE

Health Services

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 SERVICE AT (951) 372-7046 BY NO LESS THAN THREE DAYS BEFORE THE EVENT. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHENEVER POSSIBLE.