May is Mental Health Awareness Month
Sponsored by
Student Health and Psychological Services

**Wednesday 3**
**Zumba**
Dance away depression. Zumba classes in the lower quad. Come dance your stresses away while listening to our favorite DJ.

**Thursday 4**
**Self Care**
Join us in the Student Union to listen to Dr. Reyes-Osorlo from Cal State LA, speak about the importance of self-care. Lunch will be provided and Río Swag will be given out to participants, while supplies last.

**Tuesday 9**
**Hike & Healing Circle**
Come hike Nike Hill with us. There will be different levels so all are welcome. When we get to our highest level, we will have a healing circle on the hill. Students and staff are to meet in front of the SS building near the Cashier window.

**Thursday 11**
**Movie**
Join us in the Student Union, we will be viewing the movie Good Will Hunting starring Matt Damon and Ben Affleck. After the movie, we will be discussing the importance of taking care of your mental health with Glenn Heap. Lunch will be provided and Río Swag will be given out to participants, while supplies last.

**Wednesday 17**
**Pilates**
Join us in the Student Union for Mat Pilates. Mats will be provided for everyone. Come relax and get mentally focused. Río Swag will be given out to participants, while supplies last.

**Tuesday 23**
**Meditation**
Join us via Zoom and participate in meditation led by Dr. Aisha Dixon-Peters. Find your center and get refocused. Zoom link [https://us06web.zoom.us/j/2448882154](https://us06web.zoom.us/j/2448882154)

For more information call 562-908-3498