



May is Mental Health Awareness Month

Sponsored by
Student Health and Psychological Services

UPCOMING
EVENTS
2023

Wednesday

3

Zumba

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

12:00pm

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.

11:30am

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.

10:00am

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.

11:30am

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.

10:00am

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>

2:00pm

For more information call 562-908-3498