

Wellness Series **Spring 2025**



The Mission College President's Office will be offering a series of wellness workshops **on zoom** to support the overall physical and mental wellness of the Mission College campus community. There will be both 25-minute and 60-minute sessions available for you to enjoy. Mark your calendars for these great upcoming events!

Time Management

Thursday, March 13, 2025, 1:30 to 2 p.m.

Time management is critical to accomplishing tasks, reaching goals and maintaining a healthy work-life balance. That may make it sound like a magical superpower, but it's a very real skill set that can be developed over time. Learn how in this 25 minute session.

Stress Release: Mindfulness and Movement

Thursday, March 27, 2025, 1:30 to 2 p.m.

Your desk is where you want to focus on your ideas and goals. But if it's where you're sitting, slouching, or hunching for hours every day, it's what you blame for your back or neck pain, headaches and eye strain. And that pain is zapping your time and energy. Your body isn't made for sitting or pointing and clicking all day. Even if you're active outside office hours, all that time you're spending sitting or standing during office hours can wreak havoc on your posture and alignment. All this leads to pain and reduced productivity. Learn movements, breath work, neuro drills that can be incorporated throughout your workday at your desk.

Carpal Tunnel Relief

Thursday, April 3, 2025, 1:30 to 2 p.m.

Carpal tunnel syndrome, a condition caused by pressure on the median nerve in the wrist, can lead to pain, numbness, and tingling in the hand and fingers. The "4/3 Carpal Tunnel Relief" likely refers to a method or program designed to alleviate these symptoms, possibly involving four steps or techniques performed three times daily. While specific details aren't provided, such approaches often include stretches, exercises, or ergonomic adjustments to reduce strain and improve wrist health.

Stress Release: Mindfulness and Movement

Thursday, April 17, 2025, 1:30 to 2 p.m.

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Workday Nutrition Plan for Brain and Body

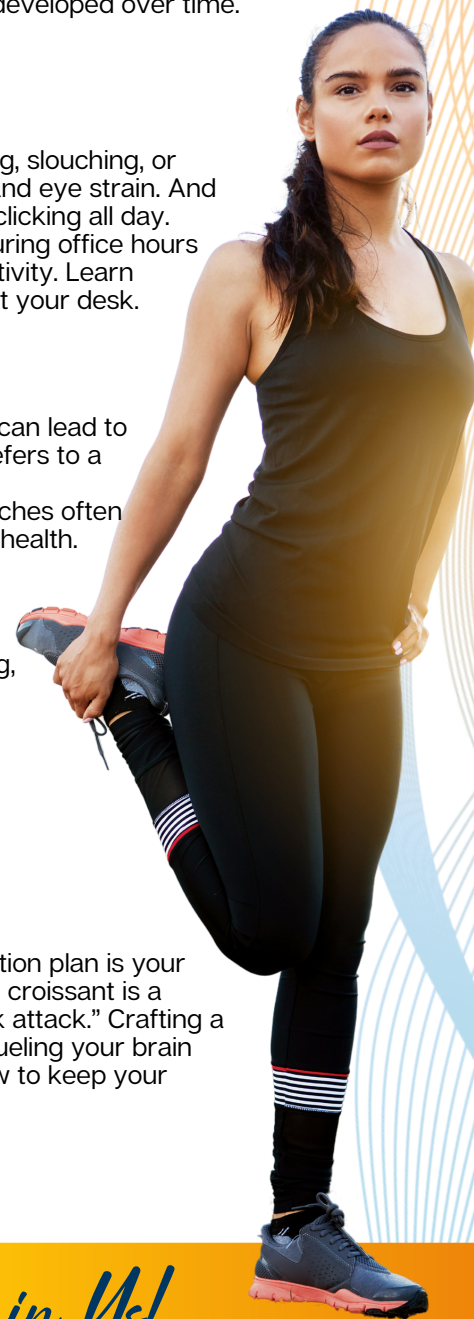
Thursday, May 1, 2025, 1:30 to 2 p.m.

Want to boost your energy and keep your sanity during those long workdays? A solid nutrition plan is your secret weapon. I've learned the hard way that surviving on my overly sugared chai tea and croissant is a recipe for disaster—trust me, my productivity took a nosedive faster than I could say "snack attack." Crafting a workday nutrition plan isn't just about avoiding the vending machine's siren call. It's about fueling your brain and body with the good stuff so you can tackle your work like a champ. Let's jump into how to keep your lunchbox filled with delicious, nutritious options that won't leave you crashing before 3 PM.

Stress Release: Mindfulness and Movement

Thursday, May 15, 2025, 1:30 to 2 p.m.

Your desk is where you want to focus on your ideas and goals. But if it's where you're sitting, slouching, or hunching for hours every day, it's what you blame for your back or neck pain, headaches and eye strain. And that pain is zapping your time and energy. Your body isn't made for sitting or pointing and clicking all day. Even if you're active outside office hours, all that time you're spending sitting or standing during office hours can wreak havoc on your posture and alignment. All this leads to pain and reduced productivity. Learn movements, breath work, neuro drills that can be incorporated throughout your workday at your desk.



Join Us!

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