

Stress Relief and Mindfulness Baking

WITH MENTAL HEALTH SERVICES & HOSPITALITY MANAGEMENT



Bake your stress away and find peace in the kitchen with our in person, Stress Relief and Mindfulness Baking event!

First come, first served based on space and supply availability. Food seminar led by: Mission College Hospitality Management, Baking Pastry/Culinary Arts students, and graduates.



Wednesday, November 8, 2023

Mission College Hospitality Management, HM 119

10:30 a.m. to 1:30 p.m.

Food activity: Wood-fired pizza making

Cost: Free for current Mission College students



Pre-sign-up appreciated for supply estimates at

<https://MindfulnessBakingFa23.eventbrite.com>



Co-hosted by WVMCCD Health Services & Mission College Hospitality Management



JOIN US NOW!