

Health Services Presents the

WELLNESS SYMPOSIUM

Wellness resources shared by Fullerton College Faculty & Staff.

TUESDAY, OCTOBER 22nd

11AM-2PM

ROOMS 224-226

FOOD PROVIDED

Come to one or all sessions

Health Services Presents the

WELLNESS SYMPOSIUM

10/22/19 | Room 224-226

11 AM-12 PM

Growth Mindset in Practice

Miguel Powers
FC English Professor

12 PM-1 PM

Building Personal Resilience

Dana Timmermans
Interim Behavioral Health Director
Health Services

1 PM-2 PM

Making Time for Self-Care

Kelly Salazar
Health Education Coordinator
Health Services

FOOD PROVIDED

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