

Health Services Presents the

# **WELLNESS SYMPOSIUM**

Wellness resources shared by Fullerton College Faculty & Staff.

**TUESDAY, OCTOBER 2<sup>nd</sup>**

**10AM-1PM**

**ROOMS 224-226**

Health Services Presents the

# **WELLNESS SYMPOSIUM**

10/2/18 | Room 224-226

**10AM-11AM**

## **Eating and Movement for Optimal Weight and Health**

Michelle Loy MPH, MS, RDN  
FC Associate Professor

**11AM-12PM**

## **Bouncing Back from Stress**

Mary Henein Psy D.  
FC Health Services Psychologist

**12:15PM-1PM**

## **Creating a Self-Care Plan**

Kelly Salazar MPH, CHES  
FC Health Education Coordinator