



Midterm De-Stress Event

VISALIA CAMPUS QUAD:

OCTOBER 7TH & 8TH 10AM-1PM

SELF-CARE TIPS & TOOLS,
DE-STRESSING ACTIVITIES,
SNACKS & MORE!

Join the Health Center Staff as we cultivate
wellness by:

Participating in relaxing activities,
Creating a DIY Stress Relief Kit, &
Enjoying cute and cuddly therapy dogs
(compliments of Pet Partners)

