SAMA-SAMA

Wellness and Stress Management Workshops are held on the second Wednesday of each month, from 12:30–1:30 PM at the Wellness Center (Building 1400, Room 1428).

Please note: The November workshop will be held on a different date due to the Veterans Day holiday. The January workshop will also be held on a different date due to the winter break.

OCT 14	**"Deep Roots, Strong Trunks: Mapping Our Values & Skills"**
NOV 10	**"Empathy Builds Community: Understanding Across Differences"**
DEC 9	**"Time Management for Real Life"**
JAN 27	**"Culture & Collage: Create your Story"**
FEB 10	**"Love Notes to Self: Stress Relief Through Kind Words"**
MAR 10	**"Community & Boundaries: You Can Have Both"**
APR 14	**"Burned Out: Understanding the Signs"**

Questions? Comments? Please reach out to:
sccaanhpi@gmail.com

Connect with us on Social Media:

Accommodations are available to support your participation.
*Please contact **sccaanhpi@gmail.com** if you need assistance.*