Whole Person Wellness

September 2017
Tuesday the 12th - An Apple a Day Workshop NAH Room 1.410 9:00am-10:00am
Thursday the 21st - Choose My Plate - Information Table/Poster Session NAH 1st Floor Lobby 11:30am-1:00pm

October 2017
Wednesday the 4th - Depression: More Than The Blues & The Blahs - Workshop NAH Room 1.410 12:30pm-1:30pm
Monday the 9th - Nat’l Depression Awareness Month - Screening NAH Lobby 1st Floor 11:30am-1:00pm
Wednesday the 18th - Eat 5-9 A Day for Better Health - Information Table/Poster Session NAH 1st Floor Lobby 11:30am-1:00pm
Thursday the 26th - Domestic Violence Awareness Month - Screening NAH Lobby 1st Floor 11:30am-1:00pm

November 2017
Tuesday the 7th - Choose Your Plate - Information Table/Poster Session NAH Lobby 1st Floor 11:30am-1:00pm
Tuesday the 21st - Stuffing & Turkey & Pie OH MY!! Workshop NAH Room 1.410 3:00pm-4:00pm

Brought to you by South Texas College’s NAH Counseling & Student Disability Services
For more information contact Ms. E.Delgado M.Ed,LPC,LBSW at 872-3077

STATEMENT OF EQUAL OPPORTUNITY
No person shall be excluded from participation in, denied the benefits of, or be subject to discrimination under any program or activity sponsored or conducted by South Texas College on the basis of race, color, national origin, religion, sex, age, veteran status, or disability. Individuals with disabilities requiring assistance or access to receive these services should contact Counseling & Student Disability Services at 872-2173.