



**Fall
2018**

**NURSING & ALLIED HEALTH
CAMPUS WORKSHOPS**



Whole Person Wellness

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|------------------------------|--|----------------|--------------------------|
| Thursday September 13 | Loss/Grief Letting Go and Moving On | 9:30am | NAH Bldg. A 4.426 |
| Tuesday September 25 | Packing Delicious & Nutritious Snacks | 2:00pm | NAH Bldg. B 1.305 |
| Friday October 5 | Are you Getting Your ZZZZZZ's | 10:00am | NAH Bldg. B 1.305 |
| Tuesday October 9 | Depression Awareness-Screening | 11:00am | NAH Bldg. A Lobby |
| Thursday October 25 | Domestic Violence Awareness | 11:00am | NAH Bldg. A Lobby |
| Monday November 5 | He Loves Me...She Loves Me Not | 3:00pm | NAH Bldg. A 4.426 |
| Tuesday November 20 | Stuffing & Turkey & Pie, OH MY! | 1:30pm | NAH Bldg. A 2.420 |
| Monday December 3 | Walking Does Wonders | 11:00am | NAH Bldg. A 4.406 |

For more information contact:
Elizabeth Delgado, (956) 872-3077 or at ed1012@southtexascollege.edu

CSDS Website: <https://studentservices.southtexascollege.edu/counseling/>

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