

PERSONAL WELLNESS SERVICES

COVID STRESS MANAGEMENT WORKSHOP



DAY: FEBRUARY 25, 2021

TIME: 12PM

PRESENTED BY: A. AIELLO, LMFT

WORKSHOP LINK:

[HTTPS://SWCCD-EDU.ZOOM.US/J/91747613639](https://swccd.edu.zoom.us/j/91747613639)

* NO PRE-REGISTRATION REQUIRED

OPEN TO STUDENTS ONLY

IF YOU ARE AN INDIVIDUAL WITH A DISABILITY WHO NEEDS ACCOMMODATIONS TO PARTICIPATE IN THIS EVENT, PLEASE CONTACT:

PERSONAL WELLNESS SERVICES

EMAIL: SWCPersonalWellness@swccd.edu

CALL: 619-421-6700 X5279