

**REGISTER
NOW!**



*Presented by
Alegría
Mental Health
Task Force*

Cultivating Wellness

November 15th

1:00 to 2:00 p.m.

Hybrid event

**Lynda and Stewart Resnick Student Union,
Room 207AB**



Presentation and discussion on well-being

Self-reflection tools and campus resources

Cultivating wellness and mindfulness

Fostering connectedness: Breakout groups
and snacks

QUESTIONS?

Contact *Dr. Sharma* at
gsharma@csufresno.edu

LET'S TOGETHER CULTIVATE A CULTURE OF CARE!

TO PARTICIPATE, PLEASE REGISTER BY CLICKING

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