Ways to Wellness Moments: Exams Series

Join the Peer Health Educators daily for a wellness break during exam season from December 7-18th at 12:30-1pm PST. Come unwind with us and you just might pick up a helpful tip or two to get you through exams!

Join each meeting here
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Sessions include:
Dec. 7: Getting a good night's sleep
Dec. 8: Healthy and Happy Eating
Dec. 9: Managing Stress
Dec. 10: Social Connection
Dec. 11: Get Grounded
Dec. 14: Helping Others
Dec. 15: Getting a good night's sleep
Dec. 16: Managing Stress
Dec. 17: Social Connection
Dec. 18: Get grounded