



Health & Wellness Workshop

Sponsored by
Counseling & Psychological Services



RUN (DANCE, SWIM, LIFT) FOR YOUR LIFE!

Want to live a longer, healthier, smarter, more youthful life? Come to this workshop to be inspired in your own exercise journey by the incredible benefits that exercise has for the mind, body, and emotions!

FREE PIZZA!



**TUES, JAN 21
4:00 - 5:00 PM
SMSU 215/216**

**RACHEL KEENER, PSYD
CAPS THERAPIST**

For disability-related accommodations, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or psychcounseling@csusb.edu