

# THE WELLNESS CHANNEL



## HOW TO PARTICIPATE

<https://www.csusb.edu/student-health-center/health-promotion/wellness-channel>



## OUR TEAM

The Department of Health Promotion team consists of professional staff and trained Peer Health Educators.

For disability related accommodations, please contact Albert Angelo three business days in advance at [aangelo@csusb.edu](mailto:aangelo@csusb.edu)

## WHAT IS IT?

A wide range of online and interactive health and wellness programs, workshops, and presentations. Programs will be facilitated by health educators and trained peer health educators.

## WHAT WE'RE OFFERING

### Good Morning Yotes:

Wake up with early morning gratitude, affirmations, and encouragement for the day.

### Love Lab:

A live discussion and informative program about relationships and reproductive health.

### Time to De-Stress:

Tools for daily management and elimination of stress.

### Cooking with Cruz:

Demonstrations providing affordable and healthy recipes along with helpful kitchen tips.

### Health and Wellness Presentations:

Various health education workshops and presentations.

