

# HEALTH & WELLNESS WORKSHOP

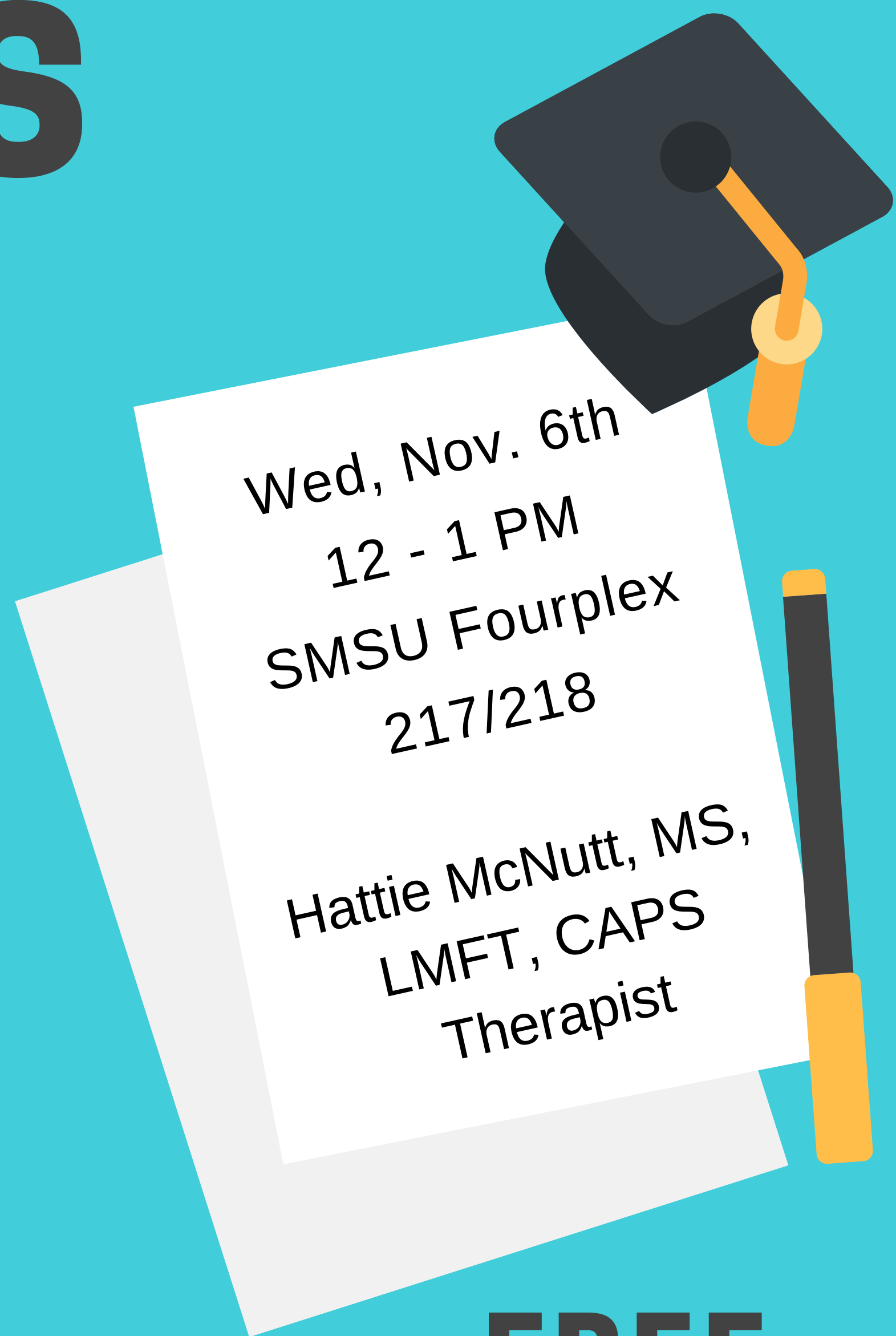
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# DESTINATION SUCCESS

THIS WORKSHOP WILL  
PROVIDE TECHNIQUES TO  
IMPROVE YOUR:

- TIME MANAGEMENT
- NOTE TAKING
- READING EFFICIENCY
- STUDY SKILLS
- ACADEMIC SUCCESS



## FREE PIZZA!

*If in need of a disability-related accommodation to participate in these programs, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or [psychcounseling@csusb.edu](mailto:psychcounseling@csusb.edu)*