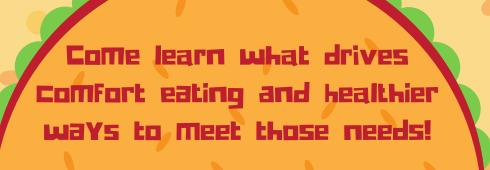
## Health & Wellness Workshop Sponsored by Counseling & Psychological Services

## MHRT'S ERTING YOU?

EXPLORING YOUR EMOTIONAL EATING HABITS





WED, OCT. 16TH

12 - 1:00PM

SMSU 207/208

JUDI CRUZ, MS, HERLTH EDUCATOR, STUDENT HERLTH CENTER

For disability-related accommodations, please contact Counseling and

Psychological Services three working days in advance at

(909) 537-5040 or psychcounseling@csusb.edu