

Health & Wellness Workshop

Sponsored by Counseling & Psychological Services

WHAT'S EATING YOU?

EXPLORING YOUR EMOTIONAL EATING HABITS



**Come learn what drives
comfort eating and healthier
ways to meet those needs!**

**FREE
HEALTHY
SNACKS!**

WED, OCT. 16TH

12 - 1:00PM

SMSU 207/208

**JUDI CRUZ, MS, HEALTH EDUCATOR,
STUDENT HEALTH CENTER**

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

Be Well Yoties
