

The Student Health Center presents

WE MATTER!

Monday

A space dedicated for faculty & staff to engage in self-care activities such as aromatherapy, guided meditation, mindful art and so much more! Facilitated by MHCC Clinicians.

For questions and/or accommodations, please reach out to citymhcc@sdccd.edu or call us at 619-388-3055.

WHERE?

IN the Student Health Center
A-180

WHEN?

EVERY 2ND and 4TH MONDAY
FROM 11:00- 12:00PM!

