



# HEALTH & WELLNESS FOR ALL STUDENTS

Hosted by Grads to Be, the Undocumented Student Program at Fullerton College

*Come enjoy some snacks and win prizes -- gift cards, reusable water bottles, & more!*



**Apr 3**

10am-1pm  
Quad

## **Spring Health Fair**

Hosted by Student Health Services.  
Stop by the Grads to Be table!

**Apr 25**

2pm-3pm  
Room 1018

## **Self-Care & Mindfulness Workshop**

The first 30 students will receive a FREE self-care kit. Presented by Lynette Pratt & Stephanie Arroyo. Limited Seating: 40

**May 7**

4pm-5pm  
South Gym  
Room 1225

## **Yoga**



The first 20 students will receive a FREE yoga mat. Additional students are encouraged to bring their own mat. Presented by Pamela Lewin.

**May 8**

11am-1pm  
Quad

## **"Dog Therapy"**

De-stress with a few furry friends from Welcome Home Dog Rescue

All events are free. First come, first served. No registration required, but space is limited! For more information, contact us at [dkime@fullcoll.edu](mailto:dkime@fullcoll.edu)