



**LIFE MAKING YOU FEEL OVERWHELMED?  
LEARN HOW TO BALANCE  
LIFE, WORK, AND SCHOOL AT  
THIS WORKSHOP**

**FRIDAY SEPTEMBER 27TH  
10:00AM-11:00AM  
ITEC 229**

**RSVP HERE**

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

