



STRESS MANAGEMENT

Learn from the experts about easing stress and living your best life!

RSVP HERE

WEDNESDAY MARCH 6

12:00-1:00PM

ITEC 112

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.