

PRESENTED BY DR. ALAAN DINGLE

# FINDING BALANCE

Improve mental health by identifying healthy strategies to balance the demands of school, family, and work.

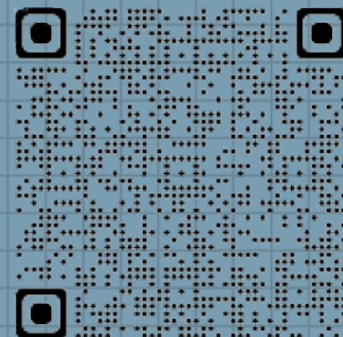


IN-PERSON

ROOM 208 Health Sciences/Athletics  
Building

March 7th @ 12:00PM

To register go to [SHS Workshops](#) or scan QR code.



**STUDENT  
HEALTH  
SERVICES**

EL CAMINO COLLEGE

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.