



Finding Balance

Presented by Dr. Alann Dingle

Join this transformative workshop designed for college students, where we'll explore strategies and techniques to harmoniously balance your academic pursuits with the demands of life and mental wellness.

Tuesday: 10/24 @ 11:00AM – 12:00PM

In the Student Health Center Conference Room

**SIGN UP HERE OR
SCAN QR CODE TO
REGISTER NOW!**



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



**STUDENT
HEALTH
SERVICES**

EL CAMINO COLLEGE