



# WELLNESS WEEK

**Location: Wellness Center**

**De-stressing, Self Care, and Resource Table**

**Tuesday, 12/6 from 11:30 AM – 1 PM**

**Yoga Sessions**

**Tuesday, 12/6 @ 11:30 AM - 12:30 PM**

**Wednesday, 12/7 @ 1:15 – 2:15 PM**



SCAN ME

URL: [bit.ly/3ubswTO](https://bit.ly/3ubswTO)



**Meditation,  
Yoga,  
Health/Nutrition  
Session**

**Helpful student  
resources/info**

**Free  
food/snacks,  
music, and more!**



*This event is sponsored with funds from both Guided Pathways and AANAPISI. AANAPISI is 100% federally funded by the U.S. Department of Education in the amount of \$300,000.00 per year for a period of five years (Oct 2021 - Sept 2026) and is administered by South Seattle College.*

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