Students! Spring Wellness Week Event June 3-7, 2024 Make your own snack pack

9:00 AM - 4:30 PM, MON-THURS 9:00 AM - 12:30 PM, FRI RSB 12 -AANAPISI CENTER

Having a small snack while studying can help improve our memory, energy levels, concentration, and mental health.

Drop-in AANAPISI to make a snack pack of all sorts of brain foods (and maybe some surprises!) to pick from daily June 3-7. Open to all students-- we believe in you!



Questions

aanapisi.south@seattlecolleges.edu https://southseattle.edu/aanapisi

Scan for more information on AANAPISI and AA&NHPI cohort









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