

Summer Wellness Series at Cal Poly Humboldt is coming in July!

Join us Tuesdays and Thursdays
For Our
Wellness Zoom Sessions from Empathia

Please Register Now using the links below.
Attend one or all!

30 minute sessions: 12:30-1pm PST

Keeping your Brain Healthy – July 9th with Norm Arslan

<https://humboldtstate.zoom.us/meeting/register/bnRTQn9wSSq0YbK-oPN8ig>

Energy Management - July 14th with Kristen Hooks

https://humboldtstate.zoom.us/meeting/register/i6740u6CRzS0Pc2wQ_mm0A

Succeeding through Kindness -July 16th with Kristen Hooks

https://humboldtstate.zoom.us/meeting/register/VODJmQWeQ1GW4tp_6ulfYg

Overcoming Indecision – July 21st with Jessica Coats

<https://humboldtstate.zoom.us/meeting/register/rOJOL419TTebnHOMtt-ww>

1 hour session: 12-1pm PST

Transform Negative Thought Patterns - July 23rd with Jessica Coats

<https://humboldtstate.zoom.us/meeting/register/IWUJ3FpMRf6mXUjYqFpQg>

Beyond Hearing: Becoming a Better Listener – July 28th with Jessica Coats

<https://humboldtstate.zoom.us/meeting/register/ZHwomfjzT46gTmLMPlynzw>

Problem Solving – July 30th with Jessica Coats

<https://humboldtstate.zoom.us/meeting/register/J-ABivdAQYupHwySpelllg>