



STRESS & SLEEP Awareness Days

FREE Healthy Snacks, Massages

& *Drum Circle (Santa Rosa Campus only)

Screenings & Tabling

Wednesday, May 8th

11:00 A.M. - 2:00 P.M.

Bertolini Quad

Santa Rosa campus

How to Sleep Better Seminar

Wednesday, May 8th

3:00 P.M. - 4:00 P.M.

Doyle Library, Rm 4246

Santa Rosa campus


activeminds
changing the conversation
about mental health

 SANTA ROSA
JUNIOR COLLEGE