



HCCC MENTAL HEALTH
COUNSELING & WELLNESS CENTER
IN COLLABORATION WITH
PARTNERS IN PREVENTION

PRESENT:

Mindfulness Monday

A destress event with free goodies meant to
calm your mind, body and soul before the
holidays.

WHEN: MONDAY 11/15
12:00PM-2:00PM
GABERT LIBRARY
JOURNAL SQUARE CAMPUS

RSVP on Involved.Hccc.Edu

