

Student Health Services Spring Mindfulness Series

Join us for our Spring Mindfulness Series, which includes a presentation on the topic of the day followed by a mindfulness activity!

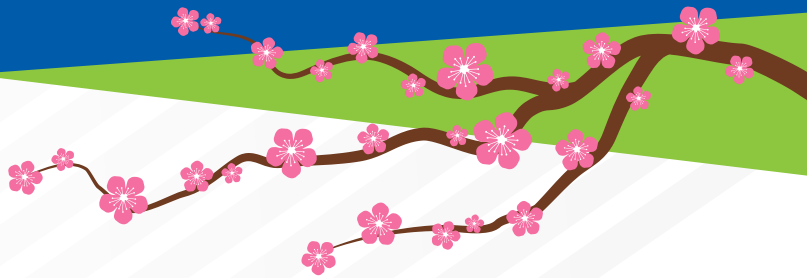
Come, relax, and enjoy this dedicated space and time for your body, mind, and spirit! Light snacks will be available.

Love Mindfully: A Special Presentation by the Drepung Gomang Monks

Wednesday, February 13, 2019
12:30-1:30p.m. G106A Rabobank Student Center
The Ann Foxworthy Gallery is hosting the Drepung Gomang Monks as they create a beautiful sand mandala. Please join us to learn more about them and their mindfulness practices.

ASBG presents Women's Day: Self-Love Meditation

Wednesday, March 6, 2019
12:15-12:25p.m. G106 A & B Rabobank Student Center
Wellness Program Specialist XiXi Zhai will guide us through a meditation dedicated to loving ourselves with kindness and compassion.



Mindful Finances: Presenter TBA

Wednesday, April 3, 2019
12:30-1:30p.m. G106A Rabobank Student Center

Math Anxiety: Mary Alice Majoue from the Math Center

Wednesday, May 1, 2019
12:30-1:30p.m. G106A Rabobank Student Center

Attend all four events (make sure you sign in!) to earn a certificate of completion and a chance to win a mindfulness basket from Health Journeys!

Professional development credits are available.

Check out bit.ly/2Dby9rn for access to guided meditations by Health Journeys courtesy of Student Health Services.



www.hancockcollege.edu/health_services

Santa Maria campus

800 South College Drive, bldg. W12
Santa Maria, CA 93454-6399
1-805-922-6966 ext. 3212

Lompoc Valley Center

One Hancock Drive, bldg. 1-109
Lompoc, CA 93436
1-805-735-3366 ext. 5207



ASL interpreter services available upon request.
Please call 805-922-6966 ext. 3396 or 805-266-7874 VP
five business days prior to the event.