



Health + Wellness *workshops*

Workshop	Date	Location	Time
Insurance Information for Students	February 3	Room 1408	11:05 a.m. - Noon
Cruisin' Smart™	March 31	Large Auditorium	11:05 a.m. -Noon
Sex, Relationships, and Violence	April 2	Room 2185	11:05 a.m. -Noon
Importance of Sleep in College	April 16	Room 2185	11:05 a.m. -Noon
Managing Stress In College	April 21	Room 2185	11:05 a.m. -Noon



Directions student workshop series

These workshops are part of the Directions Student Workshop series. Directions provides students with the opportunity to learn, develop and excel while earning a certificate of achievement in a designated track.

To learn more and see a schedule of all workshops, visit: dcc.edu/workshops

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