



CSBS SPRING 2016 SELF-CARE PROGRAM

April 14th 12 noon – Whitsett Room

Healthy Eating for Busy CSUN Faculty & Staff

April 21st 12:15 pm – Whitsett Room

Mindfulness Matters

May 12th 12 noon – Whitsett Room

Healthy Eating for Busy CSUN Faculty & Staff

May 19th 12:15pm – Whitsett Room

Mindfulness Matters

May 26th 12:15 pm – Sierra Hall 322

Qigong for Health and Relaxation

THURSDAYS
BRING YOUR LUNCH

