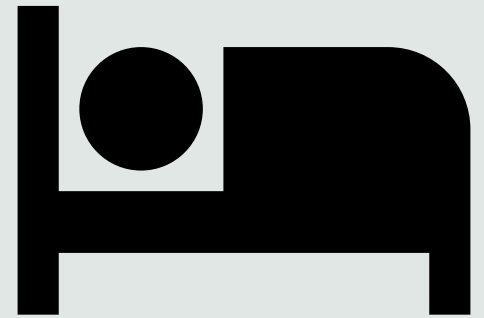


# Wellness Coaching



Free Education, Goal Setting,  
and Coaching with a  
Certified Wellness Coach for:



- Stress management\*
- Sleep improvement\*
- Time management
- Test anxiety reduction
- Healthy eating
- Physical activity
- Adjustment to college



\* Stress and Sleep Difficulties have been identified as top academic impacts on the Spring 2018 National College Health Assessment (NCHA).

Appointments:  
[myhealth.csun.edu](http://myhealth.csun.edu) or (818) 677-3666

Sessions are held at the Oasis Wellness Center.

