

HOLISTIC WELL-BEING WORKSHOPS

JOURNALING JAM

Tuesday, 1/21 4:30pm-5:30pm
Health Center Conference Room
(Building 27-11)

NOURISHING YOURSELF

Tuesday, 2/4- 4:30pm-5:30pm
Recreation Center Training Room

DISCOVERING IDENTITIES

Tuesday, 1/28- 4:30pm-5:30pm
Health Center Conference Room
(Building 27-11)

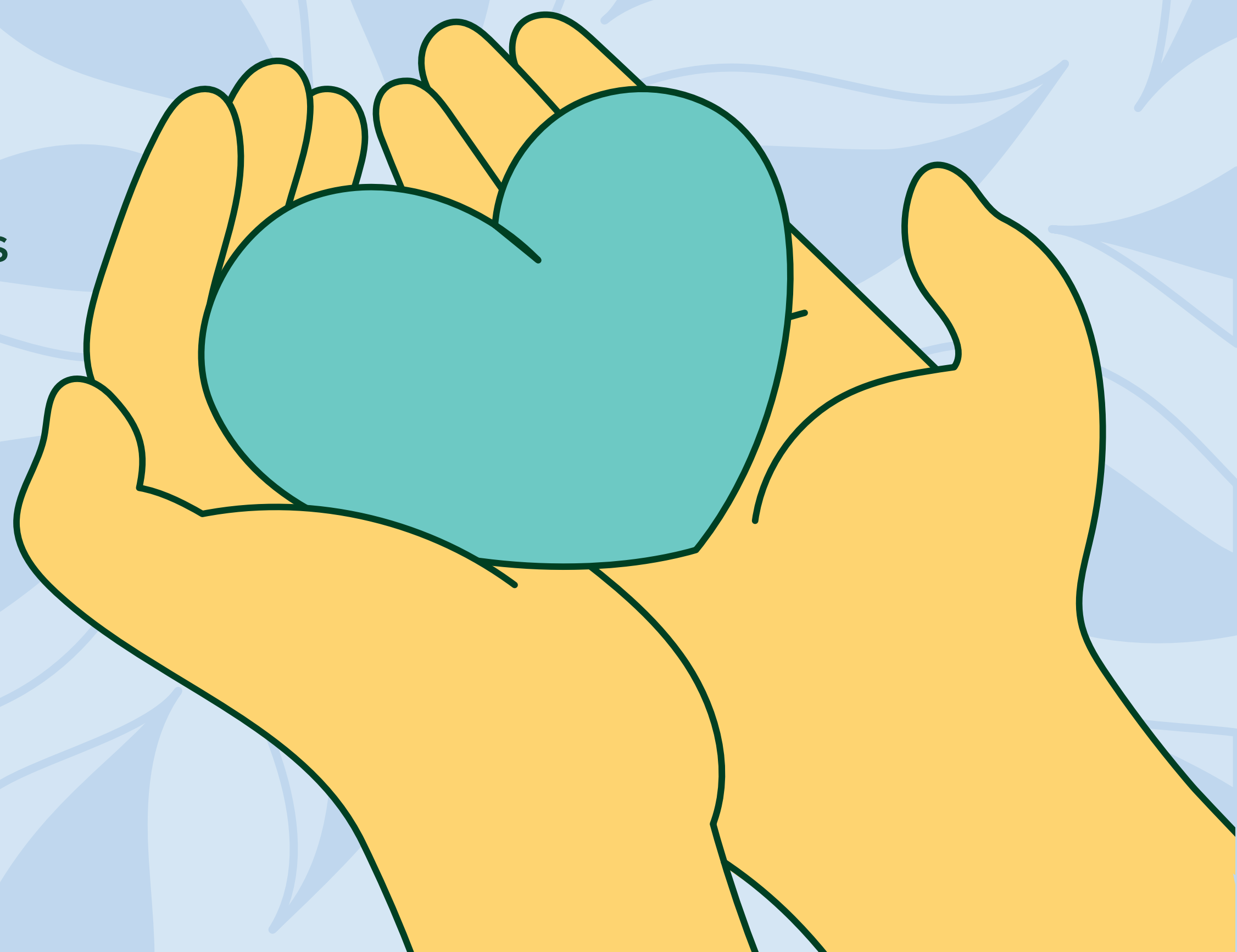
SELF LOVE

Tuesday, 2/11- 4:30pm-5:30
Recreation Center Training Room

Join PULSE for workshops designed to guide you through exploring identity and vulnerability, supporting personal boundaries, and cultivating opportunities to find a sense of calm in life. Students who attend 3+ sessions will be entered into a prize raffle!



Register for sessions
on Cal Poly Now!



CAL POLY
Health Education
CAMPUS HEALTH
& WELLBEING



PULSE