

HEALTH SERVICES PRESENTS THE

WELLNESS

SYMPOSIUM

COME EXPLORE MIND & BODY WELLNESS WITH FULLERTON
COLLEGE EXPERTS.

TUESDAY, OCTOBER 24th

10AM-2PM

ROOMS 224-228

10AM-1PM

RELAXATION STATION & ESSENTIAL OILS

ROOM 224

10:15AM-11AM

MINDFULNESS & MEDITATION

ROOM 226-228

LYNETTE PRATT

FC Instructor

11:30AM-12:15pm

NUTRITION FOR THE BRAIN

ROOM 226-228

MICHELLE LOY MPH, MS, RDN

FC Nutrition & Foods Instructor

12:30PM-1:15PM

MUSCLE RELAXATION FOR STRESS REDUCTION

ROOM 226-228

TAMARA KHAN R.N., CERTIFIED MASSAGE THERAPIST

FC Health Services