

Student Wellness Workshop Schedule

Dear Students,

We are excited to invite you to our upcoming Student Wellness Workshop. Please find the schedule details below:

Workshop Schedule

Date	Time	Topic	Presenter
March 10, 2023	10:00 AM - 11:30 AM	Mental Health Awareness	Dr. Jane Smith
March 15, 2023	1:00 PM - 2:30 PM	Stress Management Techniques	Mr. John Doe
March 20, 2023	3:00 PM - 4:30 PM	Nutrition for Wellness	Nutritionist Alice Brown

Please RSVP by March 5, 2023, to ensure your spot in the workshops.

We look forward to seeing you there!

Best regards,
The Wellness Team