



**2-3:30pm
via Zoom**

Zoom links listed below



**BEHAVIORAL
HEALTH
WORKSHOP
SERIES**

1/26/2022: Nutrition for Health

Join Zoom Meeting

<https://cccconfer.zoom.us/j/96618323528>

2/9/2022: De-Stress with Yoga and Tai Chi

Join Zoom Meeting

<https://cccconfer.zoom.us/j/98574146325>

2/23/2022: 211/Disaster Preparedness Presentation

Join Zoom Meeting

<https://cccconfer.zoom.us/j/98458606403>

3/9/2022: Mindfulness

Join Zoom Meeting

<https://cccconfer.zoom.us/j/97825232616>

3/23/2022: Social Justice and Anxiety

Join Zoom Meeting

<https://cccconfer.zoom.us/j/93708384720>

4/13/2022: Sexual Assault Awareness

Join Zoom Meeting

<https://cccconfer.zoom.us/j/92709575299>

5/11/2022: Suicide Awareness

Join Zoom Meeting

<https://cccconfer.zoom.us/j/97777412221>