



Mindfulness Mondays

A drop-in mindfulness group for students to take a moment to breathe and learn how to detach from challenging thoughts and emotions.

- **Mondays @ 2 p.m. beginning September 14**
- **Facilitator:** Humberto Hernandez

For more information contact studenthealth@cerritos.edu

Reasonable accommodations and/or alternate formats of this document are available upon request. Please contact us at (562) 860-2451 Ext. 2321 (press 3) a minimum of 7 days in advance.