



# WELLNESS WORKSHOP SERIES

FEBRUARY 28, 2024  
FINANCIAL HEALTH  
Making Money Last



MARCH 6, 2024  
CREATING STUDY SPACES  
Setting Your Internal and External  
Environment to Promote Learning



MARCH 20, 2024  
APPROACHING DIFFICULT  
CONVERSATIONS  
Communication Strategies for Success



APRIL 3, 2024  
MANAGING OUR BUSY LIVES  
Balancing the Wheel of Time Demands



Quality  
Relationships



Calm Body



Life Skill



Wednesdays from 12:30-1:20pm

Ukiah Campus, LLRC 4112  
and via Zoom at select MC Centers



**REGISTER TODAY!**

[wellness@mendocino.edu](mailto:wellness@mendocino.edu)

707-621-6463

[www.mendocino.edu/wellness](http://www.mendocino.edu/wellness)