

MENTAL HEALTH MONDAY

Join CAPs and the Lewis Center Virtually

Mondays 4:00 - 4:45pm

SEPT.

13

Social Anxiety

SEPT.

20

Smart Slumber for
Students: Sleep Hygiene

SEPT.

27

Nutrition, Exercise &
Mental Health



To register visit tiny.cc/mentalhealthmonday



Randall Lewis Center for
Well-Being and Research
University of La Verne