



DSPS and the Health Center Present  
**MINDFULNESS**

JOIN NICOLE TRAN AND DSPTS ON

**Tuesday, October 19**

**from 12:30pm-1:00pm**

**<https://glendale-edu.zoom.us/j/97026867736>**

**Nicole will lead mindfulness and relaxation techniques. Join us and dedicate some time to practice mental well being!**

Nicole is currently a clinical trainee at GCC's Health Center. She is in her third year of graduate school at CSUN, earning her Master's degree in College Counseling and Student Services and Clinical Counseling.

Stay for the whole event and enter to win a chance at raffle prizes!

Closed-captioning and ASL interpreting will be provided.