



CREATIVE MINDS CLUB AND DSPS PRESENT

Rest and Relaxation Methods

Facilitated by Jon Fisher, learn mindfulness and relaxation techniques

Wednesday, December 7, 2022

12:00-12:30pm

<https://glendale-edu.zoom.us/j/84025618762>



Dedicate some time to practice mental wellbeing before finals and the holidays start! Stay for the whole event and enter to win a chance at a raffle prize.

Jon Fisher is a pre-licensed therapist here at GCC. He's a training mindfulness practitioner and is in the process of completing a Master's of Psychology at University of the West, a school rooted in Buddhist wisdom and values.

For closed-captioning or ASL interpreting, please contact Kim Weissman, Lead Interpreter and Coordinator, at kweissman@glendale.edu.

We thank the GCC Foundation for its generous grant that made this event possible.

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