

Body Mind Wellness Events

Free * Open to the Public * Flex credit for COC Faculty * Possible Extra Credit for Students

Sports Nutrition Seminar with COC's Registered Dietitian Sheri Barke

Thur. Sept. 18, 12:30-1:30 p.m., MENH 343

Clothesline Project - Create a T-shirt for COC Display

Sat. Sept. 20, 11 a.m. - 2 p.m., Domestic Violence Center at Savia

Mental Health First Aid – with COC's Larry Schallert and Child & Family Center's Janis Pastor

Sat. Sept. 27, 8:30 a.m. – 5:30 p.m., UCEN 207

Body Mind Wellness Community Resource Fair

Wed. Oct. 1, 11:30 a.m. -1:30 p.m., Honor Grove

Drug & Alcohol Seminar: Drugs Kill, with Recovery Specialists from ACTION Family Counseling

Thur. Oct. 2, 6-8 p.m. UCEN 258

Domestic Violence Seminar with speaker from the Domestic Violence Center of SCV

Mon. Oct. 6, 12:30-1:30 p.m. MENH-343

Domestic Violence Center's Purple Walk of Strength at COC

Sat. Oct. 11, Expo begins at 8 a.m., Walk begins at 9 a.m., COC Track & Trails

Body Image Film/Discussion with Registered Dietitians Sheri Barke and Nina Gasow

Thur. Oct. 16, 2-4 p.m. MENH-343

Operation Healthy Vet Seminar with COC's Renard Thomas

Mon. Nov. 10, 12:30-1:30 p.m. MENH-343

Stress, Mindfulness, & Healthy Coping Seminar with Farnaz Kadi

Wed. Nov. 19, 12:30-1:30 p.m. MENH-343

For more info, contact Larry.Schallert@canyons.edu or Sheri.Barke@canyons.edu

BODY•MIND•WELLNESS

COMMUNITY RESOURCE FAIR

COLLEGE OF THE CANYONS • HONOR GROVE
WEDNESDAY, OCTOBER 1, 11:30 AM - 1:30 PM

Featuring

- Campus groups and community agencies that can help you overcome challenges to your Body•Mind•Wellness!
- Free food and give-aways
- Music and DJ from 97.1 Amp Radio
- SNAC's Everybody is Beautiful Fashion Show
- Domestic Violence Center's Clothesline Project
- Gamma Beta Phi collecting donations for the Child & Family Center and Domestic Violence Center of Santa Clarita Valley (*gift cards, toiletries, cleaning products, diapers, gently used clothing*).

Seminars to follow in October and November on drugs and alcohol, domestic violence, body image, stress and healthy coping and veterans issues.

For more info: www.canyons.edu/BMW

