

Student Health Services Spring 2019 Workshops

for the Santa Maria Campus

Attend these workshops with informative presentations and visit local community agency booths to see what they have to offer! Free food is served on a first-come, first-served basis.

All workshops are located in G106 A & B inside the Rabobank Student Center from 11 a.m. to 1 p.m.

Love Carefully Tuesday, February 12

11:10 a.m. "Getting to know Sexual Orientation and Gender Identity"
by Genesis Gutierrez from Pacific Pride Foundation

12 p.m. "What makes a romantic relationship healthy? Or toxic?"
by Eloisa Patterson, MA from Domestic Violence Solutions

Healthy Eating and Nutrition Tuesday, March 5

11:10 a.m. "Nutrition and Disordered Eating"
by Libby Parker, MS, RD

Healthy Relationships Tuesday, April 9

11:10 a.m. A special performance called "The Sex.E Show"
by Sex.E Education
Started from Cal Poly's gender based violence education, the Sex.E team provides sexual health and gender-based violence education through live sketch comedy shows.

Stress Management Tuesday, May 7

11:10 a.m. "The Power of Touch"
by XiXi Zhai, DO

12 p.m. "The Power Posture of an Open Heart"
by Herb Kandel, LAc, OMD
Come cuddle with a puppy and get a free massage!

Professional development credits are available.

Santa Maria campus

800 South College Drive, bldg. W12
Santa Maria, CA 93454-6399
1-805-922-6966 ext. 3212

Lompoc Valley Center

One Hancock Drive, bldg. 1-109
Lompoc, CA 93436
1-805-735-3366 ext. 5207



www.hancockcollege.edu/health_services



ASL interpreter services available upon request.
Please call 805-922-6966 ext. 3396 or 805-266-7874 VP
five business days prior to the event.

 **ALLAN
HANCOCK
COLLEGE**
Student Health Services