

# MENTAL HEALTH ACTION WEEK

# MAY 2026

## 05

MAY, 2026

### MINDFUL TUESDAY:

#### AROMATHERAPY

LEARN HOW TO MIX OUR OWN  
10:00 - 12:00 AROMATHERAPY & HOW SCENT  
CAN AFFECT YOUR MOOD

## 06

MAY, 2026

### TACTILE WEDNESDAY

10:00 - 12:00 WORK WITH CLAY & DISCOVER  
HOW IT CAN REDUCE STRESS  
& HELP GROUND YOU

### LOCATION:

**LOMPOC VALLEY CENTER,  
QUAD AREA**



STUDENT HEALTH  
SERVICES

active  
minds



Allan Hancock  
College



California Community Colleges  
**HEALTH & WELLNESS**

FIND OUT MORE ABOUT MENTAL HEALTH  
ACTION WEEK & WEBINARS BEING OFFERED:

