

MENTAL HEALTH ACTION WEEK

MAY 2026

04

MAY 2026

MINDFUL MONDAY: AROMATHERAPY

9:00 - 11:00 LEARN HOW TO MIX OUR OWN
AROMATHERAPY & HOW SCENT
CAN AFFECT YOUR MOOD

05

MAY, 2026

TACTILE TUESDAY

9:00 - 11:00 WORK WITH CLAY & DISCOVER
HOW IT CAN REDUCE STRESS
& HELP GROUND YOU

06

MAY, 2026

WELLNESS WEDNESDAY

9:00 - 12:00 EXPERIENCE ACUPUNCTURE &
MASSAGE THERAPY; PLUS
MINDFUL COLORING & PLAY!



STUDENT HEALTH
SERVICES

active
minds



Allan Hancock
College

LOCATION: COMMONS AREA

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



California Community Colleges
HEALTH & WELLNESS

