

WELLNESS WORKSHOPS

NOVEMBER

**Mindful
Monday**

**11/3
Per 2**



**Tobias the
Therapy Dog**

**11/6
Per 3-5**



**Power of
Gratitude**

**11/10
Per 3**



**Test
Anxiety**

**11/19
Per 4**



**Stand up:
Career
development**

**11/21
Per 7**

