

# APRIL EVENTS

## STUDENT HEALTH CENTER

### WEEKLY

- M: **Self-Care Activities** 9:00 AM-5:00 PM at Schwartz Square
- T: **Mindfulness Meditation** 10:30-11:30 AM at Schwartz Square
- W: **Ask A Nurse** 2:00-2:30 PM  
Zoom ID: 948-3443-4841 Passcode: 878481
- TH: **Ask A Nurse** 10:00-10:30 AM  
Zoom ID: 948-3443-4841 Passcode: 878481
- TH: **HEARTCHATS** 2:00-3:00 PM  
Zoom ID: 968-2193-9236

### MONTHLY

- 4/5: **Beyond Athletics** 11:00-11:45 AM  
Zoom ID: 970-4408-6538 Passcode: POWER
- 4/12: **Parenting Support** 8:30-9:30 AM at ECEC
- 4/13: **Parenting Support** 1:30-2:30 PM at ECEC
- 4/30: **First-Generation Support Recorded**  
Available on YouTube: MHCC San Diego City College

### SINGLE EVENTS

- 4/12: **Mindful Art** between 10:00 AM-12:00 PM at Curran Plaza