

January is Wellness & Mental Health Month at the

Center for Graduate and Professional Students and Post Doctoral Scholars

JUMPSTART YOUR YEAR WITH THE FOLLOWING WORKSHOPS/CLASSES

Stress Management Workshop

Wednesday, January 21 | 12:00 p.m.-1:00 p.m. | Moss Cove Room (Student Center)

Reduce your Stress! Presented by Leigh Porier-Ball from Health Education.

Registration not required.

Perfectionism: Helpful or Hurtful? Workshop

Wednesday, January 28 | 11:30 a.m.-12:30 p.m. | Newport Beach C (Student Center)

How does perfectionism affect anxiety and your overall health? Attend Dr. Chris Frederick's workshop to learn more. Registration not required.

Free Orientation, Evaluation and Fitness Planning Sessions

Anteater Recreation Center (ARC)

Available to only 40 graduate and professional students on a first-come, first-served basis.

Each session has 10 available slots. Registration is required: RSVP with bchavez@uci.edu as soon as possible.

Thursday, January 29 | 12:00 p.m.-1:00 p.m.

Thursday, January 29 | 5:00 p.m.-6:00 p.m.

Wednesday, February 4 | 12:00 p.m.-1:00 p.m.

Wednesday, February 4 | 5:00 p.m. - 6:00 p.m.

Cooking Classes | Anteater Recreation Center (ARC)

"You Are What You Eat": tips for healthy cooking.

Registration required: <http://www.campusrec.uci.edu/registration.asp>.

"Quick, Tasty, Healthy" | Tuesday, January 13 | 6:00 p.m.-8:00 p.m. | Fee: \$30

"Grilled Mediterranean Salad w/Steamed Salmon" | Wednesday, January 28 | 6:00 p.m.-9:00 p.m. | Fee: \$35

"Healthy, Delicious Pizza" | Wednesday, February 4 | 6:00 p.m.-8:00 p.m. | Fee: \$30