



Free college event!

Wellness Fair



Wednesday Sept. 13
10 am to 2 pm
Student Center (Ponderosa)



Activities:

- MACT mobile unit: blood pressure checks, blood glucose testing, dental education, etc. outside Student Center
- Free flu shots & Covid-19 vaccines in the Pinyon Health Center
- Cooking demonstration hosted by Blue Zones at 11 am in Student Center
- Tai Chi session: 1 pm on upper deck of Sugar Pine building
- Visit with llamas outside student center!
- Free food & refreshments inside Student Center and on the patio
- Mindfulness activities with Affinity Health & Wellness and Columbia Mental Health team
- Health & wellness community resources tabling outside the Student Center

Partnering with:

MACT, Mathiesen Memorial, Tuolumne County Public Health, Blue Zones, Affinity Health & Wellness, LGBTQ Research Center, Tuolumne County Behavioral Health, Llamas of Circle Home, and more

