

SPRING 2024

Wellness Workshops



FEBRUARY

Thursday, 2/8 – 12:00 pm

IMPROVING TIME MANAGEMENT

MNB STUDENT CENTER/LOWER ATRIUM

Tuesday, 2/20 – 5:30 pm

SOCIAL MEDIA DIET

VIRTUAL: <https://bit.ly/3Srqn2e>



MARCH

Thursday, 3/7 – 12:00 pm

**COPING WITH STRESS: LEARN & JOIN
STRESS REDUCTION ACTIVITIES**

MNB STUDENT CENTER/LOWER ATRIUM

Tuesday, 3/19 – 5:30 pm

DRUG & ALCOHOL AWARENESS

VIRTUAL: <https://bit.ly/3OzwK2m>



APRIL

Tuesday, 4/4 – 12:00 pm

MENTAL HEALTH IS HEALTH!

MNB STUDENT CENTER/LOWER ATRIUM

Tuesday, 4/16 – 5:30 pm

SLEEP AWARENESS

VIRTUAL: <https://bit.ly/3w5nbBI>



Sponsored by Student Support & Wellness Services, these wellness workshops help promote positive mental health and improved academics. When you feel better, you do better.

Student Support & Wellness Services

Cortney Merritt, Wellness Counselor
cmerritt@bccc.edu | 410.462.8328

BCCC
Baltimore City Community College