



Student Psychological Services

Join Our **Mindfulness/Meditation Group**

Every Tuesday, Wednesday & Thursday
From 3:00PM - 4:00PM

Located in Campus Center #108
Spring Semester

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- **Improve Health**
 - **Increase Focus**
 - **Reduce Anxiety**

Leaders: Bill Wallis &
Student Psychological Services Counselors

QUESTIONS? CALL (818) 778 - 5708

These events are wheelchair accessible. Individuals needing sign-language interpreters assisted listening devices, large print, Braille materials or any other accommodations should contact Dr. Carl King at kingcl@lavc.edu or (818) 778-5708.

