



SAN JACINTO COLLEGE  
iCONNECT CENTER



**MAINTAIN A HEALTHY BALANCE**  
IN STRESSFULL TIMES

**TUESDAY, SEPT. 21 9:30 A.M.**

Learn how to navigate through stressful times  
while maintaining a healthy balance.

—Presenter: Dora Trevino, Counselor South Campus—

Join Zoom Meetings  
<https://sanjac.zoom.us/j/7343909860>

Join by Phone: +1 346 248 7799  
Meeting ID: 734 390 9860

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