



DHHSC CENTRAL COAST OUTREACH PRESENTS
Deaf and Hard of Hearing Wellness (D-WELL) Program
WORKSHOPS



DATE	TOPIC
June 20th	Mindfulness & Meditation: How to Process Your Emotions in Healthy, Productive Ways
July 24th	Stress & Resilience
August 28th	Which Supplements are You Taking to Boost Your Immune System Right Now?
September 11th	Healthy Home Activities to Enjoy with Your Family at Home & Decrease Screen Time
October 30th	Dimensions of Workaholism & How to Work Smarter
November 20th	Habits for Keeping a Healthy Mind
December 18th	Using Nature to Improve on Mental Health and Well-Being
January 22nd	Why is Problem-Solving an Important Skill for Mental Health?
February 19th	DNA Dominant and Recessive (Affected, Partly affected, and Healthy)
March 11th	What are the Top 5 Rarest Diseases?
April 8th	Skincare and Wellness: How do They Relate?



DHHSC welcomes your participation in a new program by learning different topics that focus on your well-being!

Times will be announced on our Facebook, Instagram, Twitter, YouTube, and DHHSC website under Events.

- www.facebook.com/DHHSC
- www.instagram.com/dhhsc1984
- www.twitter.com/DHHSCtweets
- www.youtube.com/DHHSCvideos
- www.dhhsc.org/events



For more information, contact Krystal Rios-Harris at krystalr@dhhsc.org or 831-240-4020

Program Funded By:

STEVENSON

