

ACHIEVING WORK-LIFE BALANCE

ESSENTIAL TIPS FOR COLLEGE STUDENTS

College can be an exciting but demanding period, and we know that balancing coursework, extracurricular activities, and personal lives can sometimes be overwhelming.

We recognize the importance of maintaining a healthy work-life balance, and we're committed to providing resources to help you succeed in all areas of your college experience.

Join us for an exciting
lunch-time presentation and discussion

**with Elaine Hernandez-Cordova,
Psychotherapist & Life Coach**

**Learn Tips on Achieving Work-Life balance
for navigating your college success!**

Refreshments provided

In partnership with:



PRESENTED BY:

**Owner/ Operator
ELAINE HERNANDEZ-CORDOVA, LCSW**



Thursday September 28, 2023

12:30 PM - 2:00 PM

Academic Complex - A 105

Limited Seating

RSVP by Wednesday 9/27/23

Visit: bit.ly/CTWork-LifeBalance