

# WELLNESS WEDNESDAY

featuring a speaker  
from the  
Orange County  
Asian and Pacific  
Islander Community  
Alliance  
(OCAPICA)

DECEMBER 13TH 2017  
IN SLG AT LUNCH

## FEELING STRESSED?

This workshop will teach students stress management skills! A speaker from OCAPICA will discuss the importance of living a balanced lifestyle in order to prevent extreme stress and other mental health concerns such as depression, anxiety, and more.

## ALL ARE WELCOME!

Wellness Wednesday is a series of monthly workshops about mental health, wellness, and other topics relevant to Irvine High students. Finals are coming up - are you prepared to manage your stress?

**PIZZA PROVIDED -  
FIRST COME, FIRST SERVE!**

bring your lunch and your friends!

