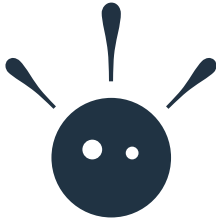


Winter Wellness Series @ Parnassus & Mission Bay

Take a mid-week break and join Student Health and Counseling for the Spring Hump Day Student Wellness Series! Topics focus on staying well throughout the year. Talks will occur every Wednesday at Parnassus in N-217, with the exception of the March 12th talk which will be held at Mission Bay in Rock Hall 102. Wednesdays, January 15th-March 12th, Noon-1pm. All talks provide **FREE LUNCH for students with RSVP!**



Self-Care 101 @ Parnassus

Are you at the end of your rope? Join Larry Lariosa, MFT for a crash course in physical and emotional wellness. This one-hour workshop incorporates cognitive behavioral techniques and educational tips you can use at home and at school. **FREE LUNCH** provided with RSVP!

For more information or to RSVP, email felicia.mercer@ucsf.edu

Letting Go of Perfectionism @ Parnassus

Do you feel your work is never good enough? Does a mistake feel like failure? Is it hard to relax and have fun? Do you procrastinate? If so, you may be a perfectionist! Come to learn ways to create balance, self-acceptance, and gain perspective. Led by Felicia De La Garza Mercer, Ph.D. **FREE lunch** for students who RSVP!

perfectionism

For more information or to RSVP, email felicia.mercer@ucsf.edu



Surviving Qualifying Exams: A Roadmap to Candidacy @ Mission Bay & Parnassus

Come join psychologist James Lyda, Ph.D., from Student Health & Counseling for his workshop on surviving qualifying exams. This 60-minute workshop will cover important topics aimed at helping you reduce stress, maintain motivation, manage your time, maximize your performance, and pass your qualifying exams. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, contact James Lyda, Ph.D at james.lyda@ucsf.edu

Going Viral @ Parnassus

Garlic for a sinus infection? Oranges for a cold? Learn how to survive the cold and flu season with foods that boost your immunity and keep you running at full steam. This 1-hour talk will be presented by Alison Boden, MPH, RD. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, email nutrition@ucsf.edu



Travel 101 - Well On Your Way! @ Parnassus

Are you thinking doing research in Rwanda? How about a clinical rotation in Cambodia or a mountain adventure at Machu Picchu? Come learn some nifty tricks for staying well while you travel, and hear about the awesome services available to you through your Student Health and Counseling Travel Clinic. **FREE LUNCH** for students who RSVP!

For more information or to RSVP, email beth.pirkle@ucsf.edu

Relationships 101 & 102 @ Parnassus

What makes relationships work? Join SHCS providers, Dr. Susan Rosen and Dr. Lance Raynor (life partners), in a presentation and discussion about well researched tenets of lasting relationships. This is a two part series. Students may choose to attend one or both parts. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, visit <http://shcs-relationships.eventbrite.com>



Breaking Up is Hard to Do! @ Parnassus

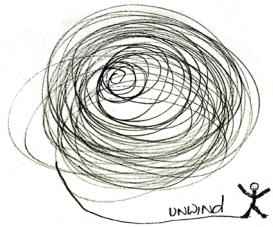
Should I be in this relationship? What's wrong with me that I don't feel good about myself in this relationship? Will I ever get over this loss? Drs. Lance Raynor and Susan Rosen from Student Health will discuss ways to recognize that a relationship is not working, how to break up in a respectful and safe way and coping strategies that can help when dealing with the loss of a relationship. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, visit <http://breakingup.eventbrite.com>

Success Series @ Parnassus

Get organized and develop your professional self! The Success Series offers monthly workshops aimed at enhancing your professional experiences and academic well-being at UCSF. Topics include improving focus, managing stress and test anxiety, conflict resolution, and respecting differences. Every third Wednesday of the month at Parnassus.

For more information or to RSVP, email felicia.mercer@ucsf.edu



Unwind: Stress Management Skills for Women @ P & MB

Take a breather! Student Health and Counseling offers this stress management workshop for women who are students at UCSF. Stress directly affects emotional and physical health and can compromise your ability to cope with academics, relationships and the workplace. Learn helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. Each class will focus on different skills. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, email felicia.mercer@ucsf.edu

Simmer @ Parnassus

Student Health and Counseling offers a cooking workshop at the Parnassus campus. Join Student Health's dietitian, Alison Boden, in an interactive cooking class with easy and healthy recipes. Students prepare (and eat!) the dishes during class. RSVP required as limited seats are available.

For more information or to RSVP, contact Alison Boden, MPH, RD at nutrition@ucsf.edu



Student Health & Counseling

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William J. Rutter Center

1675 Owens St.
3rd Floor, room 330
San Francisco, CA 94158

tel: (415) 476-1281
fax: (415) 476-6137
email: shs@ucsf.edu

<http://studenthealth.ucsf.edu>

send a secure message to SHCS via myhealthrecord.ucsf.edu