



# CSU Wellness Committee Presents

## *Lunch and Learn - Summer Session*

4-Part Series Featuring the Following Topics:

Skin Care  
Stress Management/Aromatherapy  
Nutritional Supplements  
Weight Loss

**Please Join us for Part One – Skin Care  
101**

**Wednesday, June 6<sup>th</sup> from 11:00 – 1:00  
In the Gold Room**

- **Bring your own lunch**
- **Three 40 minute presentations, beginning at 11:00, 11:40, and 12:20**
- **Come when you can and leave when you must**

