Anxiety: Ways to Manage It  

**Monday, March 21st from 2 - 3 pm**

Anxiety is common during college. Join experienced CSM Nurse Practitioner, Georgette Dakis, in this presentation to learn techniques about managing anxiety safely and easily.

Zoom link to join:  
https://smccd-hipaa.zoom.us/j/89963401800pwd=dVNhREWyRmg1UE1uZ1lkTGw4Tzdvdz09

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Oh my Gosh: My Leg is Killing Me  

**Wednesday, March 23rd, from 2 - 3 pm**

Join experienced CSM Nurse Practitioner, Nancy Mullins, to learn about common thigh and calf injuries; how they present with symptoms, what the causes are, and how to treat these injuries.

Zoom link to join:  
https://smccd-hipaa.zoom.us/j/88467966069?pwd=VWViQVJ0bWEzRFIBY1hBREFV3QlZxUT09

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Your Skin  

**Thursday, March 24th, from 1 - 2 pm**

Join experienced CSM Nurse Practitioner, Lia Tjandra, in this presentation to learn about common skin conditions and what you can do to take care of your skin.

Zoom link to join:  
https://smccd-hipaa.zoom.us/j/83498159079?pwd=WNVvd285U01JckE5Y2NqbGlkeUhrRZz09