



FYE FALL WORKSHOPS SUCCESS STARTS HERE!

TOPIC: Improve Your Health, Improve Your Grades

Thursday, **September 26** | 12-1pm | HUB Event Space

Wednesday, **October 23** | 12-1pm | HUB Event Space

Join Dana Kobold to explore the importance of nutrition, sleep, movement, and stress on one's ability to learn and perform.

PLUS, attendees will be in a Fall prize drawing for a \$500 tuition voucher!



Contact First Year Experience (FYE) for more information at RRCC:
dana.kobold@rrcc.edu | 303.914.6176 | rrcc.edu/first-year-experience | Room 1253