



# **FEB. 14, 2019**

# **GRATITUDE DAY**

## *Columbia College Winter Wellness*

Did you know you can LEARN to PRACTICE *Gratitude*? Why bother and what does it have to do with Health and Wellness?

Research shows that being intentionally “grateful” can foster optimism, lower rates of stress and depression, create a stronger immune system, improve coping skills, help develop more resiliency and increase psychological well-being. All that?

On Valentine’s Day, practice some self-love and come by Manzanita.

Help us create our own campus Gratitude video. Better yet, bring a friend and learn more. Or just grab a cookie and say hi!



**Winter Wellness  
Special Event**

**Don't Be Shy-  
Come by!**

**Get Connected**

**Fun Free  
Activities**

**Tasty Free Treats**

**Students, Staff,  
Faculty, Administration  
are welcome!**

**WHERE:  
On campus  
Manzanita - MPR**

**When:  
11 a.m – 1 p.m.**

*Student Health and Wellness*  
Pinyon 588-5346/588-5204

