



4th Spring 2017 Presentation — Thursday, March 30th

"Self-Care 101: How to be a Healthy College Student"

Guest Speaker — Margaret Pettit

Academic Coordinator, EOP / AAIC Academic Advisor

– Farmingdale State College

<u>Where</u> - Gleeson Hall Room 102 - 10:50am — 12:05pm during the Activity Hour

Details are on RamCentral

Open to ALL STUDENTS, FACULTY & STAFF