**College of Health & Human Development Inter-Club Council**

**Presents**

**Growing through Grit**

**MONDAY 3/25**

inders!!

**Body Image & Eating Disorders Event**

*PHUN & Active Minds*

10-2 pm • Pavilion A

Join us for our BIED event as we discuss prevalent issues surrounding eating disorders, and resources on campus to provide support for those dealing with an eating disorder, or knows someone who is.

**Overcoming Adversity**

*CASSA & CAS*

4-6 pm • Titan Theater

The Department of Child and Adolescent Studies and CASSA present a screening of the documentary film, “Won’t You Be My Neighbor?” Come and be inspired by the life, lessons, and legacy of Mr. Rogers, iconic children’s television host. Free snacks and drinks provided!

**Manifest Your Path!**

*HSSA*

3:30-5:30 pm • Pavilion A

An opportunity for students to get to know the faculty and discuss the ups and downs of their career path. Letting students get an insight of real professionals in the Human Services field.

**Fetal Exposure is for a Lifetime Symposium**

*School of Nursing & NSA*

4:30-7pm • Pavilion C

Join your campus colleagues for a mini-symposium that will answer questions such as, “Smoking weed helps with my morning sickness…” and “I’ve heard that one in ten women drinks alcohol during pregnancy. Is there a “safe” amount?”

**Mini-Discoverfest**

*College of Health & Human Development*

5-7pm • Housing Piazza

Students have the opportunity to network with various HHD clubs and organizations. There will be games, free food, and prizes! All majors are welcome.

**TUesday 3/26**

**The Solace Foundation: Naloxone Training**

*SAAPSA*

3:30-4:30 pm • Pavilion B

The Solace Foundation of Orange County is a nonprofit organization that will provide CSUF and community members with overdose recognition & response training and naloxone, life-saving overdose reversal antidote.

**HHD-ICC Website:**

http://hhd.fullerton.edu/ssc/studentengage/HHDICC.htm

**Questions? Email:**

chhdicc.dopr@gmail.com
**WEDNESDAY 3/27**

**Bigger, Faster, Stronger: Olympic Weightlifting 101**

*Titan Strong*

9-12 pm  
Pavilion C

Come learn the basics of Olympic Weightlifting from our trained coaches during one of our three sessions! No experience necessary. All participants will be taught with a light weight PVC pipe, and entered into an opportunity drawing!

9:10-10am, 10-10:50am, 11-11:50am

**Knowledge is Power**

*SAAPSA*

12:30-2 pm  
Titan Theater

This event is aimed to provide participants a new found understanding and compassion for those who suffer from substance abuse issues.

**Careers in Nonprofits**

*Career Center*

4-5:30 pm  
PLS 240

Come and attend our professional panel to learn about working in various nonprofit careers. The panelists provide insight on their journey from college students to their professional careers.

**THURSDAY 3/28**

**Meditation & Self-Care Workshop**

*Active Minds & NSA*

12-3 pm  
Pavilion B

From 12-1pm, professors’ Charles Royston and Steven Hall will be leading us through a guided meditation. From 1-2pm, Dr. Kapil and her team will lead a Stress Wellness workshop, followed by a self care activity from 2-3pm.

RSVP: https://tinyurl.com/Y6BTXDMX

**Striving for Success**

*CASSA & CAS*

12-2 pm  
Pavilion A

CASSA and CAS department present a group of panelists discussing the various stumbling blocks in their academic or career path as well as their solutions to overcome them.

**Raise the Bar: Fitness, Facts & Fiction**

*KSA & Titan Strong*

4-6 pm  
Tuffy Lawn

Please come join us to learn about the benefits of maintaining a healthy lifestyle through strength training with Titan Strong, nutrition facts from our guest Dietician, networking tips from the Kinesiology Student Association, and enjoy a healthy snack from our friends at KIND Bar!

**Health Professions Grad Panel**

*ESG*

1-3 pm  
Ontiveros AB

Eta Sigma Gamma will be hosting a panel for all students to come learn about college alumni and their experience in a health-related graduate program.

**FRIDAY 3/29**

**Meet the Deans**

*HHD-ICC*

9-11 am  
TSU Pub

A Q&A session with the Deans of Health & Human Development. A great opportunity to meet and network with the representatives of the Health and Human Development Inter-Club Council over breakfast.