



# ALLIED HEALTH RN STUDENTS

**Presents**

## MENTAL HEALTH AWARENESS TELE HEALTH FAIRS

The Registered Nursing Students will be presenting tele-health fairs to promote community education concerning mental health awareness and mental health self-care.



[Click Here to Visit the MJC Associate Degree Nursing Website for more Information](#)

**Sept 28 12:00 – 1:30**  
**Topics: Anxiety, Nutrition, Music Therapy**

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**Oct 5 12:00-1:30**  
**Topics: Depression, Substance Use, Sleep Hygiene**

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**Oct 12 12:00-1:30**  
**Topics: Exercise, Aromatherapy, Reflexology**

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**Oct 26 12:00-1:00**  
**Topics: Sensory Calming Techniques, Art Therapy**

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**Nov 2 12:00-1:00**  
**Topics: Daily Meditation, Pet Therapy**

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