PHYSICAL HEALTH DAY EVENT

College Center
9:30am - 1:30pm

Come relive stress, enter for prizes, get a massage, take a ZUMBA class, avoid the freshmen 15, and see what else we have to offer! Phi Theta Kappa International Honor Society Alpha Psi Pi Chapter is holding our first Physical Health Day to benefit students and staff like you. We can’t wait to see you there! Any questions, please do not hesitate to contact us!

MINI-CENTER:
- Healthy Eating Tips (9:30am)
- Avoiding the Freshman 15 (12pm)

CAFETERIA ANNEX:
- ZUMBA (15 minute sessions): 10:45am, 11:15am
  11:45am, & 12:15pm

LOWER LOBBY: (9:30am-1:30pm)
- Student Assistance Center
- Rizzeri Spa (massages avail.)
- PTK International Honor Society
- RCGC Athletics
- SaladSociety
- GCIT (hand massages avail.)
- Basket Auction Tickets for Sale

PTK@RCGC.EDU
MENTAL HEALTH DAY EVENT

College Center
9:30am - 1:30pm

Come relive stress, learn better time Management, and see what else we have to offer! Phi Theta Kappa International Honor Society Alpha Psi Pi Chapter is holding our first Mental Health Day to benefit students and staff like you. We can’t wait to see you there! Any questions, please do not hesitate to contact us!

**MINI-CENTER**
- Time Management (10am & 12pm)
- Stress Reduction (11am)
- Meditation (12:30pm)

**LOWER LOBBY (9:30am-1:30pm)**
- Student Assistance Center
- Rizzeri Spa
- PTK International Honor Society
- Basket Auction Tickets for Sale

**CAFETERIA ANNEX:**
- YOGA (15 minute sessions): 9:45am, 10:15am & 10:45am

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