THE TRITON TRANSFER HUB IN COLLABORATION WITH CAPS INVITES YOU TO...

LIFESTYLE MANAGEMENT WHILE SHELTERING IN PLACE
HELPING TRANSFERS INCREASE MOTIVATION WHILE DECREASING STRESS, DEPRESSION AND ANXIETY

TUESDAY, APRIL 28TH FROM 12:00 - 12:50PM
HTTPS://UCSD.ZOOM.US/J/97782399024

CAPS’ DR. LIMAS WILL FACILITATE DISCUSSION ON TIPS, TECHNIQUES, STRATEGIES, AND RESOURCES FOR THE QUARANTINE LIFE. LIMITED TO THE FIRST 12 - 15 PARTICIPANTS.

Q&A Session to follow

WE ARE HERE FOR YOU ALL AND WILL COME OUT TOGETHER BETTER AND STRONGER THAN EVER

"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity."
-HealthyPlace.com

"Often it’s the deepest pain which empowers you to grow into your highest self."
-Karen Salmansohn

"Out of the suffering have emerged the strongest souls; the most massive characters are seared with scars."
-Khalil Gibran