

WESTSHORE

UPCOMING EVENTS

Click on the links to sign up for upcoming events!

Food For Your Mood

October 3 from 3pm-4pm

Psychologist Michelle Barron-Wearsch will share how the food that we eat can play an important role not just for our physical health, but on for our mental health, as well.

Virtual

Let's Talk About It

October 5 & 19 from 1pm-2pm

A virtual series that brings staff, faculty, and students together to talk about race from multi-disciplinary perspectives.

Virtual

ZUMBA

October 19 from 5pm-6pm

Let's get Physical! Sign up for a spot to participate in a ZUMBA class, led by a certified instructor! This fun and energizing class is sure to leave you feeling great!

In Person

SIGN UP NOW

