

# **Disability Support Group ~All About Wellness~**



**Leaders:  
Deborah Genito, LCSW  
and  
Nancy Hermanson**

**Tuesdays  
3:00—4:30 PM**

**Start Date: TBA**

**Provided as a free service  
to regularly enrolled  
students at CSU, Chico.**

**For more information on  
this and other groups  
being offered the spring  
2010 semester, come by  
our office and make an  
appointment for a group  
interview with the group  
leader.**

**In this group you will learn ways  
to reduce stress and enhance  
your overall well-being.  
Come and join us for a new  
topic every week as we discuss  
the eight areas of wellness.**

**The group will feature a differ-  
ent guest speaker each week, so  
feel free to join us for as many  
groups as you like. Look for the  
topic of the week in student  
announcements!**

**Counseling & Wellness Center  
Student Services Center 430  
530-898-6345  
[www.csuchico.edu/counseling](http://www.csuchico.edu/counseling)**