

# **Disability Support Group**

## **~All About Wellness~**



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

**Tuesdays**  
**5:00—6:30 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 fall 2009 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 different 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)**