

# HEALTH & WELLNESS WORKSHOP



**WHEN: WEDNESDAY, OCTOBER 27, 2021**

**TIME: 11:00 AM - 12:00 PM**

**WHERE: VIA ZOOM & ON DEMAND**

**PRESENTER: JILL, ACADEMIC COUNSELING**

TO ACCESS THIS WORKSHOP, PLEASE VISIT:  
[HTTPS://WWW.HONOLULU.HAWAII.EDU/IKEA](https://www.honolulu.hawaii.edu/ikea)  
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