



EESE Guest Speaker Series

Achieving Balance

It can be hard to adjust to a new culture and environment. Representatives of Mount Carmel Clinic will give suggestions on how to achieve and maintain mental and physical wellness and describe the programs and services Mount Carmel Clinic offers.

Date: Tuesday, October 18, 2016

Time: 12:05 pm – 12:45 pm or 6:00 pm – 6:40 pm

Location: Room 10

First come, first seated.