Come spend an entertaining and informative hour examining six fundamental lifestyle areas. You will leave with a wealth of practical tips you can immediately use to make changes that will help you manage your stress, improve your mood, and enhance your life satisfaction.

Scott Hansen, PhD  
(858) 534-5915  
caps.ucsd.edu/rise

**Foundations of Well-Being**

- **Sleep**
- **Exercise**
- **Healthy Nutrition**
- **Social Support**
- **Interests/Hobbies**
- **Time for Inner Focus**

**Thursdays, 3–4 PM**  
**Week 2 (4/7) – Week 10 (6/2)**

[https://uchealth.zoom.us/j/81349207646](https://uchealth.zoom.us/j/81349207646)

RISE workshops are open to all currently registered UC San Diego students. These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.