



JANUARY 30TH BRAIN GAMES

Intellectual Wellbeing

Intellectual Wellbeing has to do with having an open mind when we encounter new ideas and continuing to expand our knowledge. When we nourish and nurture our curiosity we can thrive in our personal and professional lives.

Cabrillo College

Intellectual
Wellbeing Event!

11am – 1pm
Cafeteria

Come check out
brain games,
apps, and
resources

A few places on
campus to
support your
Intellectual
Wellbeing:

The Library

The HUB

Extension

SPONSORED BY
STUDENT HEALTH
SERVICES

ROOM 912, 479-6435

ONLINE @

WWW.CABRILLO.EDU/STU