



# Stress Buster

December 3rd

9:00 – 12:30

## *Commons Area*

- Acupuncture & Massage
- Mindful Coloring Activities
- Tabling with Community Agencies & Clubs
- Mini Therapy Horses

10:00 – 12:00

- Sound Bath Meditation

12:00 – 12:30



Allan Hancock  
College



STUDENT HEALTH  
SERVICES



SANTA BARBARA COUNTY  
DEPARTMENT OF  
Behavioral Wellness  
A System of Care and Recovery



MINI THERAPY HORSES  
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