



Student Health 101

December 2016

<http://readsh101.com/gavilan.html>

In this week's Student Health 101...

[How to stretch your way to better sleep](#)

Hot chocolate or hot cider?

[Vote in this week's poll!](#)

FitnessU

[High intensity interval training \(HIIT\)](#)

[Find out more + enter December's drawing for \\$1,000](#)



This Week's Events

Check out Finals Week Stressbusters!

December, 2016

- | | |
|------------------------|---|
| | Stress Relief Event: |
| Tue, Dec 13 at 10:00AM | Use Bubbles to Blow Away Your Stress in the Library |
| Wed, Dec 14 at 10:00AM | Stress Relief Event: Pet a Puppy in the Library |
| Thu, Dec 15 at 10:00AM | Stress Relief Event: Hand Massages in the Library |
| Thu, Dec 22 at 6:00PM | RAMS Women's Basketball - Gavilan College vs. College of San Mateo in San Mateo |
| Thu, Dec 29 at 3:30PM | RAMS Women's Basketball - Gavilan College vs. Lassen College in Susanville |
| | RAMS Men's |

Gavilan Library Stress Relief Events!

Fall 2016

Fuel Up 4 Finals

Each morning the Library Staff and Faculty in partnership with the ASGC will provide coffee, juice and snacks. While supplies last.

Tue 12/13 10am-2pm

Use Bubbles to Blow Away Your Stress



Wed 12/14 10am-11:30

Pet a Puppy

Thanks to Furry Friends

12/15 10am-1pm

Hand Massages

by Gavilan Cosmetology Students



Make Your Own Stress Balls
and **Coloring Station**
Mon and Fri

Thu, Dec 29 at 5:00PM Basketball - City College of San Francisco vs. Gavilan College in Gilroy
Fri, Dec 30 at 2:00PM RAMS Women's Basketball - Gavilan College vs. Shasta College in Redding

Winter and Spring Registration

Open registration happening now!

View Winter Intersession classes here:

<http://www.gavilan.edu/old/schedule/PDF/GC-2017-WinterIntersession.pdf>

View the complete Spring Schedule of Classes here:

<http://www.gavilan.edu/admit/schedule/index.php>

Registration is now open for Winter and Spring classes at Gavilan College. Winter Intersession starts January 3, and Spring semester starts January 30. Classes are offered in Gilroy, Hollister, Morgan Hill and online. Spring classes will also be offered at the new Gavilan College location in Coyote Valley. Aviation Maintenance Technology classes start January 12, in the Aviation Maintenance Technology facility at the San Martin airport.

For all important dates and information,

go to http://www.gavilan.edu/admit/schedule/registration_calendar.php

or call the Student Welcome Center at 408-848-4800 x5108



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Contact

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"An investment in
knowledge

Stay Connected



pays the best interest."

Benjamin Franklin