



# YOUR COLLEGE SUCCESS DEPENDS ON GOOD HEALTH

## Looking for reliable health information?

Wellness Central was created with you in mind. This private, Canvas-based online tool provides information specifically for California Community College students about six dimensions of health and wellness:



## Topics include:

- Veterans
- Foster Youth
- Homelessness and Housing support
- LGBTQ
- Food Insecurity
- Smoking Cessation
- Anxiety and Depression

Each wellness topic includes an overview and additional resources for exploration such as videos, articles, quizzes, and more - all available 24/7.

Access Wellness Central through Canvas now:  
**[cvc.edu/wellness/](https://cvc.edu/wellness/)**

**Wellness Central:  
Your Space at Your Pace.**