

Wellness Center Presents  
November 2020  
Issue 21: Heading into Holidays



@wellnessatPC  
@CASSAPNY

# Bathroom

*Talks*



## Elections, Holidays and Exams, "Oh My!"

First and foremost, if you haven't voted yet, close this up, grab your mask and hand sanitizer and get to the polls before end of day 11/3!

Ok, now that we've made that statement, let's talk about the immense stress that this season brings. Whether it's the election, the upcoming holidays or exams- there is a lot going on this month. Wellness has these resources to help you Navigate November.

Being informed is  
**Essential**  
And the truth is,  
the majority of  
Purchase  
Students don't  
use drugs.

**Counseling Center**  
Call 914-251-6390 to set up a  
confidential appointment.

**SELF CARE CORNER**

Click here!



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