

Fall 2023 Events





Tone-up Tuesdays

WORKOUT WITH RAICES MEMBERS ON TONE-UP TUESDAYS.

SEPTEMBER 12TH, 19TH, & 26TH

TIME: 5:00PM TO 6:00PM Location: Bldg 720-Wellness Center <u>Complete Your Employee Wellness Center Packet Here</u>

Cafe con Pan

JOIN RAICES FOR 'CAFE CON PAN' (COFFEE WITH BREAD) AND MINGLE WITH OTHER RAICES MEMBERS.

WEDNESDAY, SEPTEMBER 13TH FROM 12:00PM TO 1:00PM LOCATION: FOUNDERS HALL LIVING ROOM

Cardio Dance Wednesdays

PARTICIPATE WITH RAICES MEMBERS FOR CARDIO DANCE WEDNESDAYS HOSTED BY WELLNESS CENTER INSTRUCTOR October 4th, 11th, 18th and 25th

> FROM 5:00PM TO 6:00PM Location: BLDG 720 - Wellness center

COMPLETE YOUR EMPLOYEE WELLNESS CENTER PACKET HERE

Lonche Con Raices

BRING YOUR OWN LUNCH AND BUILD COMMUNITY WITH RAICES MEMBERS.

WEDNESDAY, OCTOBER 25TH FROM 12:00PM TO 1:00PM LOCATION: FOUNDERS HALL LIVING ROOM

COLEGAS: 2023 Annual Conference

THIS YEAR'S THEME, "RAICES DE EXCELENCIA: LA CULTURA CURA", URGES US TO LEVERAGE THE STRENGTH OF OUR CULTURA, FOSTERING SOLIDARITY THROUGH COMMUNAL LEARNING, CRITICAL CONSCIOUSNESS, AND SHARED AGENCY. THE PRIMARY AIM IS TO EMPOWER AND ENABLE LATINA/O/X PROFESSIONALS TO THRIVE IN HIGHER EDUCATION. WEDNESDAY, NOVEMBER 1ST TO FRIDAY, NOVEMBER 3RD

> Location: Long Beach Pod Funding is available until <u>all funds for the year are exhausted- click here</u>

<u>First-Gen Mixer</u>

OUR FIRST-GENERATION MIXER WILL CELEBRATE THE RESILIENCE AND FORTITUDE OF FIRST-GENERATION PROFESSIONALS AND COLLEGE STUDENTS.

WEDNESDAY, NOVEMBER 8TH FROM 12:00PM TO 2:00PM

SHARE YOUR FIRST-GEN STORY: <u>https://www.mtsac.edu/firstgeneration/</u> Location: TBD

Lonche Con Raices

BRING YOUR OWN LUNCH AND BUILD COMMUNITY WITH RAICES MEMBERS.

TUESDAY, NOVEMBER 14TH FROM 12:00PM TO 1:00PM LOCATION: BLDG 10- FOUNDERS HALL

Raices Mixer

JOIN US FOR A SOCIAL HOUR TO CELEBRATE THE END OF THE FALL SEMESTER. FRIDAY, DECEMBER 1ST AT 5:00PM LOCATION:TBD

RSVP for events: <u>https://forms.gle/KaZNK8GVGJjsoya78</u>