

# Student Wellness Workshop

## The Goldilocks Principle: Seeking a “Just Right” Balance in Medical School

**Stephen Simonson, Psy.D.**  
Psychologist

**Student Health & Counseling Services**  
UC Davis

**Monday, August 16, 2018**

**12 – 12:50 p.m.**

**Education Building, Room 2205**

*LUNCH WILL BE PROVIDED FOR THE FIRST 30 PEOPLE*

Questions?  
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