



TOURO UNIVERSITY CALIFORNIA COLLEGE OF PHARMACY
PHARMACY STUDENT SERVICES

January 28, 2019

Well future pharmacists, it is that time again, yes Block exams.

As you finalize your studying this week please make it a point to remember to nurture yourselves.

How you treat yourself this week and manage your studying and self-care will make a profound difference on exams.

Remember to take study breaks, eat, sleep and do get some physical activity in.

You may choose to walk, run, hit the gym or punching bag, but do something please.

It will be a stressful time and we understand. Do not hesitate to contact us or the counselling center if needed. We are Pharmily and we care. You have access to 24/7 University Counselling services at your own choice, it is free and confidential at 7076385292 option 3. Thank you for choosing Touro and thank you for being you.

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