

# PCAB Update

## Administrative Services



# Wellness Walkabout

SAN DIEGO  
MESA COLLEGE

Promote employee wellness, connection,  
campus integration and community



Designated  
Route



30 Minutes  
per Walk



Conversation  
Starters  
Provided



**OCT 8, 2024**

11:00 a.m. – 2:00 p.m.  
30 mins/session (walk)



Please scan the QR code for  
Registration and Location

For questions, please contact  
Catherine Cannock at [ccannock@sdccd.edu](mailto:ccannock@sdccd.edu)

# CTS Technology Request Deadline for Intersession/Spring 2025

**Deadline Monday,  
October 21, 2024**

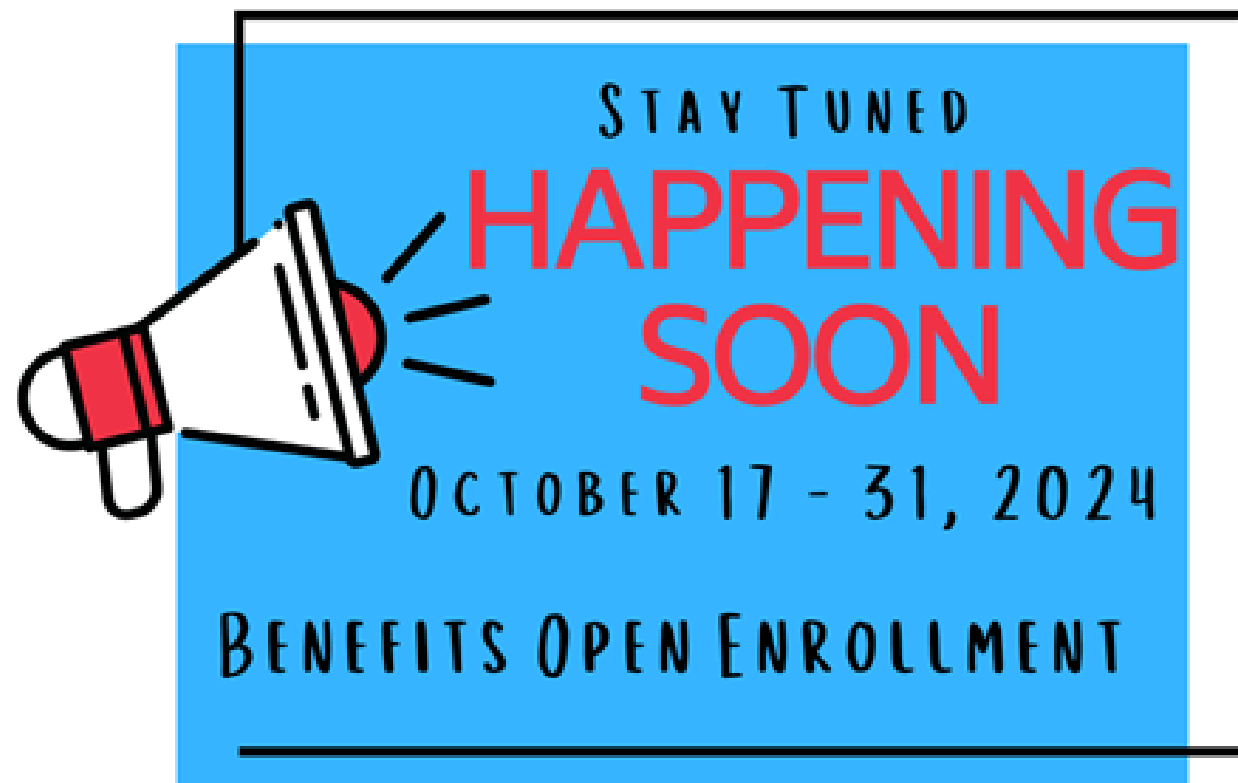


**Scan me!**

# Open Enrollment



**SAN DIEGO**  
Community College District  
**Be. Belong. Become.**



During this period, you can enroll in new plans, make changes to existing coverage, and review available options.

Please stay tuned for more information, including resources and information sessions to help guide you through the process.

If you have any immediate questions, feel free to reach out to [hrbenefits@sdccd.edu](mailto:hrbenefits@sdccd.edu)

# “Spirit of Mesa!” Invite your friends!



The Friendliest Fundraiser event of the  
year!!



[https://bit.ly/SOM\\_2024](https://bit.ly/SOM_2024)