Tritons RISE Well-being & Community Engagement Certificate (RISE-CCR)

Learn Spark Joy

RISE Together

Empower Resilience

Mind & Body Practices

Performance Strategies

Heart Centered

Build Community

Earn CREDIT for taking care of your well-being!

Get started today by joining any RISE-CCR eligible program:





May we RISE & Flourish Together Tritons! tritonsflourish.ucsd.edu

