The Wellness Experience

Are you seeking self-care strategies for health and well-being?
Do you want to learn new skills and gain tools to manage stress?

Join the Wellness Experience for the month of February to increase resiliency and gratitude, and flourish.

- Select a wellness activity to practice each week.
- Choose from a broad range of activities to fit into your schedule.
- Each week addresses a different wellness theme: emotional, physical, spiritual, and social.

For more info and to sign up, CLICK HERE.
Sign up by 12pm on Friday, January 29th.

If you have any questions please email
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The Wellness Experience is coordinated by: ASHA, CAPS, Health Services, Office of Religious & Spiritual Life, Residence Life, SALD, WesBAM!, WesHEAL, and WesWell