Wellbeing 101 Class – Starting May 30!

The Wellbeing 101 Class will be offered on four different dates:

May 30 (Wednesday) **12:00 – 1:00 PM** Health Sciences South (John Jones Conference Room C)

June 1 (Friday) **12:00 – 1:00 PM** Health Sciences South (John Jones Conference Room C)

June 5 (Tuesday) **12:00 – 1:00 PM** Health Sciences South (John Jones Conference Room B)

June 14 (Thursday) **12:00 – 1:00 PM** Health Sciences South (John Jones Conference Room C)

Have you been longing to:

- ✓ Feel good in your body
- ✓ Have more energy and less stress
- ✓ Sleep soundly
- ✓ Connect to meaning and purpose in your life

Wellbeing 101 is the class to help you understand complete wellbeing and how all aspects of your life affect each other. We'll introduce the Wellness Inventory, a model you can use to spark deep exploration to support your health and wellness – body, mind, and spirit. This whole-person approach is different and deeper than others. It informs and then transforms awareness into active personal responsibility, based on whatever you feel is most important to you.

You will:

- ✓ Learn how to get a personal wellbeing snapshot of both your behaviors and intrinsic motivations
- ✓ Understand how to create a targeted action plan for your deepest desire
- ✓ Explore strategies to hold you accountable to creating lasting change, one step at a time

Contact the Wellness Center at 304-293-2520 or wellnesscenter@hsc.wvu.edu to register.