



## 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 29<sup>th</sup>.**

*If you have any questions please email  
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