Wellness Redefined
WORKSHOPS

Physical Wellness
Tuesday, February 4
Physical activity and nutrition have a direct impact on both our physical and mental health. From increased concentration and focus to improved mood and reduced symptoms of anxiety and depression, this event will present information on the benefits of physical activity, healthy eating and sleep habits.

Social Wellness
Tuesday, February 11
As humans, we are driven towards social connection. Having social relationships increases our ability to manage stress, boosts “feel good” chemicals in our brain and can reduce feelings of sadness and loneliness. This workshop will explore the mind/body benefits of healthy social relationships.

Emotional Wellness
Tuesday, February 18
Come and explore how the brain and body experience and respond to stress and how this is connected to how we function on a daily basis. Skills and strategies, such as mindfulness and grounding skills, will be offered to help manage stress and maintain emotional balance.

Financial Wellness
Tuesday, February 25
Recent college data have indicated that financial stress is a top 3 stressor for students. Attendees will learn about financial goal setting, safe savings, and tracking spending habits. Come and learn new skills to help manage the sense of overwhelm that some experience with the topic of money management.

All workshops are held from 12:30 – 2:00pm at the Auraria Library Discovery Wall. Snacks provided.

Visit healthcenter1.com for more information