

**FREE!**  
Attend as many  
sessions as you  
like!

# The 7 Dimensions of Wellness

Join us for a 7 week Wellness workshop series to kick off the UCR Wellness Program for Faculty and Staff!

Sessions will be held every  
**THURSDAY** from 12pm to  
1pm in the Commons  
260.

Starting... **1/15/09—  
2/26/09**

## **Physical Wellness—1/15/09**

- Tips on healthy eating, fitness, and managing your weight

## **Occupational Wellness—1/22/09**

- Balance your career and personal life!

## **Emotional Wellness—1/29/09**

- Techniques for dealing with stress and improving your mental health and well-being

## **Environmental Wellness- 2/5/09**

What can you do for our environment?

## **Social Wellness—2/12/09**

- Ways to build relationships and the importance of a support system

## **Intellectual Wellness— 2/19/09**

- Learn how to enhance your skills, creativity, and life long learning

## **Spiritual Wellness—2/26/09**

- Find meaning in your life and practice meditation and relaxation

For more information, contact Julie Chobdee, MPH, Wellness Program Coordinator at [julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu) or x 2-1488.

Healthy Refreshments!