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

For more information, contact Julie Chobdee, MPH, Wellness Program Coordinator at julie.chobdee@ucr.edu or x 2-1488.

**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

Healthy Refreshments!

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

Starting... 1/15/09—2/26/09

FREE!
Attend as many sessions as you like!

The 7 Dimensions of Wellness

UCRIVERSIDE Wellness Program