

## Y-WELLNESS

A wellness-focused peer discussion group.

FEB 16: ONLINE WELLNESS AND SAFETY

TIPS/STRATEGIES

## FEATURING

- Interesting Presentations
- Engaging Discussions
- Applicable Takeaways



## MONTHLY THEMES

February - Social Wellness

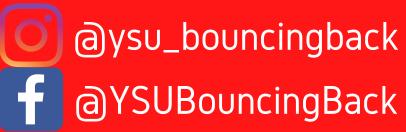
March - Career Wellness

April - Environmental Wellness

May - Spiritual Wellness

## WEDNESDAYS

ONLINE AT:
HTTPS://YSU.WEBEX.COM/
MEET/MAFISHER03



https://ysu.edu/bouncing-back