

# 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.webex.com/meet/MAFISHER03)

 @ysu\_bouncingback  
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<https://ysu.edu/bouncing-back>