



# Y-WELLNESS

A wellness-focused peer discussion group.

MAR 2: OPTIMIZING YOUR ENVIRONMENT  
FOR WELLNESS

## 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/GLJOHNSON02](https://ysu.webex.com/meet/GLJOHNSON02)