

**Wellness Wednesday
Every Wednesday at 1:30pm
“30 minutes to Discover a Healthier You”**

Zoom Link:

<https://pennhighlands.zoom.us/j/97939796179?pwd=cFZoenRETU8xc1dKSVB0U0tGbmRpUT09&from=addon;>

*Wellness Wednesday virtual meetings are available to students, faculty and staff.
We are all in this together and can all benefit from focusing on our overall health and wellness.
Looking forward to having you join us on Wednesdays this Spring!*

Fall 2021 Topics

September 15: Using your Time Well

September 22: Build Connections

September 29: Suicide Awareness and Prevention

October 6: Healthy Relationships

October 13: T.H.I.N.K. Before you speak...to Yourself!

October 20: Be Body Positive

October 27: Stress Management and Self-Care

November 3: Fall back into Good Sleep Habits (Day light savings Time Change: November 7)

November 10: Financial Management: Budgeting for the holidays

November 17: Transforming Power of Thankfulness

December 1: Be Well Behind the Wheel: Driving Safety Tips (don't drink and drive, don't text and drive, winter driving tips)

December 8: Finding Joy in the Holidays/Avoiding Holiday Stressors