Health and Wellness Brunch-and-Learn Series: Enhancing Wellness: One Dimension at a Time

Is your commitment to wellness waning? Has your workout become stale? Do your wellness goals seem farther than ever before to reach? Are you too busy to make wellness a priority? Are you filled with self-doubt about what it takes to be well? Are you afraid of gaining weight during the holidays? If any of these ring true to you, then now is the perfect time to reassess, reclaim and reinvigorate your commitment to wellness.

There are eight dimensions of wellness. Tackling them all at once can seem overwhelming. Starting down the path to enhancing your wellness is possible one dimension at a time.

In this interactive workshop, we will discuss the dimensions to wellness and the challenges that you will face as you work to enhance your wellness. You will have an opportunity to share those challenges (if you’d like), and we will discuss them and problem solve together. You will leave the workshop with practical strategies to overcoming common challenges to wellness and to staying motivated.