

Health and Wellness presents



Physical Wellness Wellbeing Workshop



Physical wellness is about so much more than appearance; it's about feeling your best, caring for your body, and understanding how the choices you make can influence your mood, energy, and overall quality of life. This Pillar of Wellness explores the connection between physical health and wellbeing through movement, nutrition, stress management, preventive health care, sleep, and rest. Join us to discover practical strategies for creating sustainable, healthy habits that support your everyday life. We'll also highlight TimelyCare, SUNY Empire's free virtual health center, which connects students with health coaches, medical professionals, and licensed mental health providers available 24/7/365.

Friday, 11/13 at 12-1PM
[Join the meeting here](#)

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information and to RSVP



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