

Health and Wellness presents



Social Wellness Wellbeing Workshop



Humans are social beings, naturally wired for connection and belonging. However, building and maintaining meaningful relationships can become challenging when balancing the demands of work, coursework, and personal responsibilities. Join us to explore strategies for cultivating connection both in person and within the online learning environment.

We'll discuss ways to overcome social anxiety, discover opportunities for involvement through the Office of Student Engagement, and reflect on what a fulfilling and personally meaningful social life looks and feels like for you.

Friday, 11/20 at 12-1PM

[Join the meeting here](#)

Visit **Empire Connects** for more
information and to RSVP



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