

Health and Wellness presents



Intellectual Wellness Wellbeing Workshop



Intellectual wellness is the ability to engage in lifelong learning, expand your knowledge, and nurture your creativity. It involves staying curious, embracing diverse perspectives, and seeking opportunities for personal and professional growth. Join us to explore ways to cultivate creativity, reignite your curiosity, and find joy in the learning process. Discover how creating your own personal curriculum and embarking on “side quests” can help you explore new interests, develop skills, and continue growing beyond the classroom.

Friday, 10/23 at 12-1PM

[Join the meeting here](#)

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



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