

Health and Wellness *presents*



Environmental Wellness Wellbeing Workshop



Our surroundings play a powerful role in shaping our overall wellbeing.

Join us to explore how creating a supportive home environment can enhance your health and wellness, discover strategies for managing eco-anxiety, and learn why spending time in nature is essential for both your physical and mental health. We'll also discuss the importance of unplugging from technology and finding balance as an online student in today's increasingly digital world.

Friday, 10/2 at 12-1PM

[Join the meeting here](#)

Visit **[Empire Connects](#)** for more information and to RSVP



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