

Health and Wellness presents



Spiritual Wellness Wellbeing Workshop



Spiritual Wellness refers to our sense of meaning and purpose and is sometimes defined as an “understanding of what gives your life significance and aligning your actions with your beliefs and values.” This interactive session will ask participants to reflect on what matters most to them and brainstorm sources of fulfillment.

Friday, 12/4 at 12-1PM

[Join the meeting here](#)

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



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