

Health and Wellness presents



Emotional Wellness Wellbeing Workshop



Emotions are at the heart of the human experience. In this interactive workshop, you'll explore practical strategies for recognizing, understanding, managing, and expressing emotions in healthy ways. Build greater self-awareness, strengthen your relationships, and develop skills that support your overall wellbeing.

Friday, 9/25 at 12-1PM
[Join the meeting here](#)

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



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