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# WELLNESS WEDNESDAYS

**B252**  
**12PM-1PM**

FREE LUNCH, MOVEMENT,  
MEDITATION, AND  
DISCUSSION.

STRESS MANAGEMENT AT  
EACH WORKSHOP

## **TOPIC OF THE DAY:**

**October 9: General Self Care Tips**

**October 16: Improving Sleep**

**October 23: Communication**

**October 30: Healthy Relationships**

**November 6: Spiritual Wellness**

**November 13 (evening): General Self Care, Finance, & Anger Management**

**November 20: Freedom From Addictions**

**November 27: Maintaining & Achieving A Healthy Weight**

**December 4: Changing Your Mindset**

**December 11: TBA**

\* Topics subject to change

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