

# What About Me? My Wellbeing

~ A FREE online course designed to help you achieve wellbeing and quality of life ~

**Register  
by Sept. 6!**

**LEARN** three crucial keys to wellbeing

**EXPLORE** the impact of **positive choices** on your life

**DEVELOP** your own **personal plan** for wellbeing

Topics are presented in 45-minute, interactive sessions by four different ISU Extension wellbeing experts every Thursday at 6:30 pm for four weeks.



**How to Find "Time for Me," Sept. 10**

Rosa Gonzalez, ISU family life specialist, will introduce an exciting way to take control of your own wellbeing.



**Emotional and Social Wellbeing, Sept. 17**

MacKenzie DeJong, ISU family life specialist, will lead a lively discussion on building strong relationships.



**Managing Your Money, Sept. 24**

Kalyyn Cody, ISU financial specialist, will show you the first easy steps to improving your financial wellbeing.



**Physical Wellbeing, Oct. 1**

Mary Krisco, ISU nutrition and wellness specialist, will help you begin small habits that can bring big changes in your physical health.



**To register,  
Visit**

[http://bit.ly/  
wellbeing16621](http://bit.ly/wellbeing16621)

Sponsored by the ISU  
Extension Program in Boone  
County. Open to all.

[www.extension.iastate.edu/humansciences/wellbeing](http://www.extension.iastate.edu/humansciences/wellbeing)