IOWA STATE UNIVERSITY
Extension and Outreach

What About Me?

My Wellbeing

A program designed to help adults enhance individual wellbeing and quality of life

Join Us ONLINE! Four Thursdays, Noon to 1:00 p.m. starting October 15, 2020

Time for Me **October 15**
Understanding wellbeing

Social / Emotional **October 22**
Building strong relationships

Financial **October 29**
Managing your money

Physical **November 5**
Enjoying good health and energy

FREE! Sign Up for the Series TODAY!

Register at http://bit.ly/wellbeing16764 - A link to the class will then be emailed to you

Grab your lunch, and join us online each week

Learn about 3 areas of wellbeing
Explore the impact of positive choices on lifestyle
Develop a personal plan for wellbeing

Questions?
Contact Barb Fuller at bfuller@iastate.edu or Sandra McKinnon at sandram@iastate.edu

www.extension.iastate.edu/humansciences/wellbeing

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