

Wellness U – PBHL 2101 037

Oct. 11 – Dec. 7, 2017

Tuesday & Thursday

10:00 AM – 10:50 PM

HLTH Room 283

1-hour academic Credit

October 12: Introduction and personal assessment using coaching tools, such as the Wellness Wheel.

October 19: Dimensions of wellness; Understanding behavior change, identifying barriers, developing a plan; self-care; Stages of Change

October 24: Physical health...rethinking, engaging, and incorporating fitness into everyday activity

October 26: Nutrition – developing a healthy relationship with food

October 31: Becoming mindful

November 2: Yoga

November 7: Resilience and thriving; positive psychology

November 9: Resilience and thriving; positive psychology

November 14: Nature Reflection

November 16: Assertiveness

November 28: Relationships

November 30: Presentations

December 5: Presentations

December 7: Building toward the future for continued wellness and balance / posttest