

# WOLFPACK WELLNESS WORKSHOP

Hosted by NAMI on campus, a student lead mental health organization at CSUP!



## Pillars of health workshops

- 1
- 2
- 3
- 4

October 25th

2-3 pm

OSC tundra

Hosted by NAMI

**Financial  
and  
Intellectual  
health**

Join us for our four part series to discuss the 8 pillars of wellness! Wellness is more than just physical health and encompasses various dimensions of well-being, promoting a balanced and fulfilling life!

