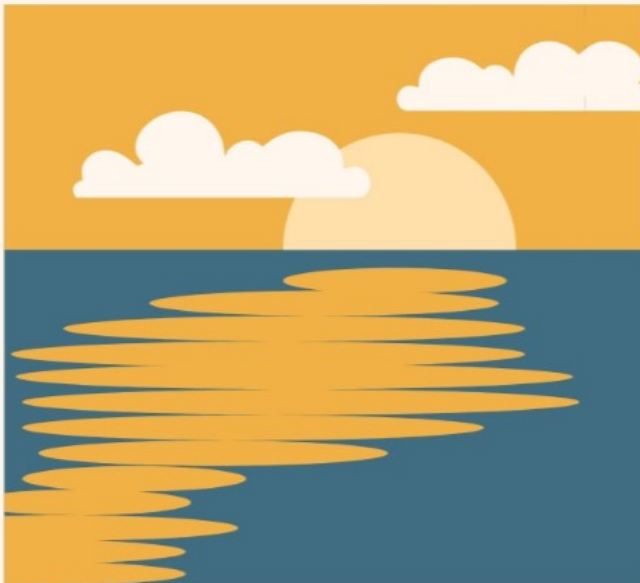


WOLFPACK WELLNESS WORKSHOP

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!



N
A
M
I

on

C
A
M
P
U
S