

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 18th

2-3 pm

OSC tundra

Hosted by NAMI

**Nutritional
and
Physical
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!

