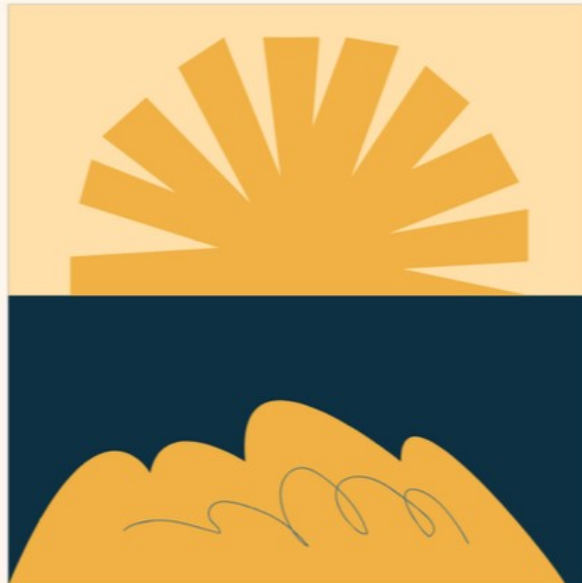


# WOLFPACK WELLNESS WORKSHOP

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!



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