WELLNESS BITES

***Bite*sized wellness for your overstuffed schedule!**



Your time is **Valuable!!**
Your **Wellbeing** matters!!

Join us and take a ***15-minute "me time"*** break to enjoy ***Wellness Wednesdays'*** bitesize activities!

Register Today!





Upcoming July Bites

07/06/2022

Tai Chi with Steve Chin from Baptist Health of South Florids @ 4:00PM

07/13/2022

Healthy Skin through Healthy Eating @ 12:00PM

Join us every Wellness Wednesday!

Contact

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FIU | **Panthers Active Wellness Services**

FLORIDA INTERNATIONAL UNIVERSITY