

Dear Commuter Students,

We are excited to announce new health and wellness programs specifically designed for our commuter students. Our goal is to support your physical, mental, and emotional well-being while balancing your academic responsibilities.

Upcoming Programs

- **Mindfulness Workshops:** Join us every Wednesday at 5 PM for strategies to enhance focus and reduce stress.
- **Fitness Classes:** Get active with our weekly Zumba and Yoga sessions on campus, every Tuesday and Thursday at 6 PM.
- **Nutrition Seminars:** Learn about healthy eating on the go, every second Monday of the month.

Resources Available

Don't forget to take advantage of our health resources:

- Free counseling services
- Physical health screenings
- Access to fitness facilities

We encourage you to participate in these programs and take proactive steps towards your health and wellness. For more information, please visit our website or contact the Health and Wellness Center.

Best regards,

The Health and Wellness Team