

Wellness Wednesday

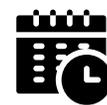
ENVIRONMENTAL WELLNESS



Join your fellow working Mavericks to learn hands-on tools on navigating your way to better holistic health.

Engage your sense of safety, comfort, and connection with your physical surroundings. Consider the interactions between your environment, your community, and yourself.

Enhance your environmental wellness by living more in harmony with the planet and your community.



April 24
12-1 PM



Commons
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UTA  Wellness



Learn more and register at
[GO.UTA.EDU/WELLNESS](https://go.uta.edu/wellness)