

What About Me? My Wellbeing

~ A program designed to help you enhance individual wellbeing and quality of life ~

LEARN about **wellbeing**

EXPLORE the impact of **positive choices** on lifestyle

DEVELOP a **personal plan** for wellbeing

Session topics focus on:

- Social/Emotional Wellbeing- Care for self and others, sources of meaning
- Physical Wellbeing- Nutrition, activity, and sleep

Join us for hands-on learning and discussion.

May 24 and 31, 9:30 to 10:30 am

The Legacy Center at Murdoch-Linwood

520 Wilson Avenue SW, Cedar Rapids



For more information or to register, call
Amy Hart, 319-364-1549 or email
legacy@murdochfuneralhome.com

www.extension.iastate.edu/humansciences/wellbeing