## IOWA STATE UNIVERSITY Extension and Outreach

# 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

**Focus on Your** 

Wellbeing

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