



COMMUNITY OF PRACTICE: BE WELL

PEDAGOGICAL FOCUS: WELL-BEING



Facilitated By: The Strive Wellness Committee

This month, we will embrace the concept of “hygge” (pronounced hoo-gah), a Norwegian word meaning “well-being”. Hygge is about enjoying the good things in life and evokes feelings of comfort and contentment. And there are few things more hygge than spending quality time with great people!

So, grab a hot chocolate and join us virtually for some cozy conversation and connection!

Self-care is a personal journey and one that is ever changing. We want this to be a space where we can continue to grow in health and well-being together, making our self-care a habitual priority and not an after-thought.

WHEN?

Thursday, December 1

6:30 - 8:00PM

WHERE?

Via ZOOM

Access link and password will be emailed prior to event

COST?

FREE



REGISTER NOW!