Wellness Wednesdays

with Ellen Sims

**January 14 class**

Emotional Wellness — information to calm us in a chaotic world

**Schedule for 2015**

12:30 to 1:20 p.m, Room 115

Jan 14  Emotional Wellness — information to calm us in a chaotic world

Feb 4  Workplace Wellness — tips for surviving challenging clients

Mar 4  Financial Wellness — money management techniques

Apr 8  Environmental Wellness — supporting what supports us

May 6  Spiritual Wellness — talking about the big questions

Each class will include:

What is it? What does that mean? And then demo and hands-on instruction of ways to increase wellness in the particular category in daily life.

http://www.law.washington.edu/Wellness/