



The Conclusion of the 8 Dimensions of Wellness Series

With *Chris Zellers, MPP*, FCHS Educator/Assistant Professor

Thursday, October 17, 2024

12:30 p.m. to 1:30 p.m.

This presentation will summarize the 8 Dimensions of Wellness and suggest ways to achieve wellness for better life-balance and stress reduction.

Participants who view the entire webinar and complete a five-minute questionnaire will be entered to win a Fit Bit.

Register in advance for this program via Zoom at:

<https://go.rutgers.edu/lszpxrdc>



County Employees who attend this class will earn 5 Wellness Incentive Points!