



## **The 8 Dimensions of Wellness - Emotional Wellness**

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

**Thursday, June 6, 2024**

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

**The 8 Dimensions of Wellness *Lunch & Learn Series* runs through October. There are 8 Dimensions of Wellness defined by SAMSHA and this program will focus on Emotional Wellness.**

**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/mktftnee>**



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