



The 8 Dimensions of Wellness - Social Wellness

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

Thursday, September 26, 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 Social 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/jzar54lq>



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