



The 8 Dimensions of Wellness - Occupational Wellness

With Chris Zellers, MPP, FCHS Educator/Assistant Professor

Thursday, May 9, 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 Occupational 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/qb17hg2i>



RUTGERS UNIVERSITY
**Family and Community
Health Sciences**
New Jersey Agricultural Experiment Station



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

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