

Summer Wellness Series

Week 1

Conceptualizing Wellness: Mind, Body & Spirit



*Let's jumpstart the
Summer by
prioritizing Wellness!*

Featuring Lidia Snyder,
LMSW, RYT, TCTSY-F, a
licensed social worker and a
trauma informed yoga
instructor.



Wellness is more than the absence of illness.

This week, you are invited to explore the 8 domains of wellness. Awareness is key to setting and achieving attainable goals that will enhance wellness and wellbeing.

Start your journey here: Ask yourself ... "What does wellness mean to you?"

Follow this link <https://eap.cfsbny.org/summer-wellness-series-2/> to find more information, a short video, and a guided audio.

