

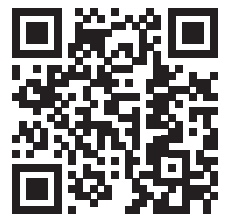


2025 GOVSTATE WELLNESS WEEK

SEPTEMBER 15 - 19

Integrating and experiencing wellness in our routines contributes to our overall satisfaction and quality of life. If we want to live a more healthy, happy, and fulfilling life, we need to practice psychological and physical habits that support our wellness.

Workshops are open to all students, faculty, staff, and community members! Hosted on the GovState campus, no registration is required. Scan the QR code for events and details.



For any questions, please contact:

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