

Living Well

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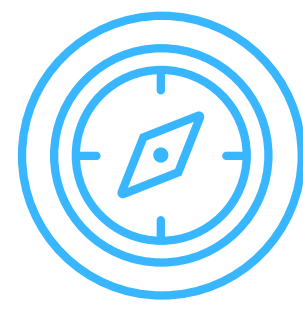
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Ask to join the Living Well Facebook page from Living Well website!

Stay-at-Home WELLNESS PROGRAM

The Living Well Committee is thankful we're all staying safe and healthy at home, but know it can be a challenge. To help make it a little easier, we created the Stay at Home Wellness Program! Just like the summer wellness program, take time to intentionally find ways to stay healthy from home.

Track what you are doing for your **mental** and **physical** health, and don't be afraid to use this time to **explore!** You can also share what you're doing on the Living Well @LWTech Facebook page. Maintaining our community - even from home - can be a powerful thing!



List your activities in the corresponding box. Continue to check **LWTech.edu/LivingWell** for more ideas and ways to stay healthy while we stay at home. You can also share your ideas with our community via the Living Well @LWTech Facebook page!