



The 8 Dimensions of Wellness - Spiritual Wellness

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

Thursday, August 15, 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 Spiritual 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/fuf6kpev>



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