What is Your 2020 Wellness Vision?

Have you thought about what the new year and new decade mean to you in regards to your health and well-being? What do you ENVISION for yourself in 2020?

To gain clarity and sharpness to have 20/20 vision, spend 20 minutes during your lunch break with EAP Coordinator Brenda Seckerson who will guide you through an exercise to help you FOCUS on your wellness intention for the new year!

Create a compelling wellness vision for yourself to identify what goals you want in your life. To prepare for our 2020 Wellness Vision session, think about these two questions:

1. When it comes to wellness, what would you like your life to look like and feel like?
2. What health promoting behaviors do you want to be doing consistently?

Two Sessions Offered:

Noon—12:20 PM

Wednesday, January 15
Conference Room 320
University Administration Building (UAB)

Thursday, January 16
Room 307, Campus Center

To Register:
Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
518.442.5483

Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

“The greatest wealth is health.” - Virgil