A 10-week virtual course that educates on how having a healthy lifestyle benefits the brain and makes us happier during COVID 19.

SEPTEMBER 9–NOVEMBER 11
EVERY WEDNESDAY, 12:30–1:15 P.M.

FOR ANDREWS EMPLOYEES ONLY
LEAD COACH: Dominique Gummelt
ASSISTANT COACH: Denard Fenaud
COST: $20 registration fee (cash only)

There will be giveaways!

MORE INFO:
andrews.edu/wellness