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

**OCTOBER 7–DECEMBER 16**
**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