

# Join the Club

IMPROVE YOUR HEALTH AND WELLNESS

## PSC's

# FIT & WELL

FREQUENCY • INTENSITY • TIME • TYPE

WELLNESS • EDUCATION • LIFELONG • LEARNING

Physical

Emotional

Intellectual

Interpersonal

Spiritual

Environmental

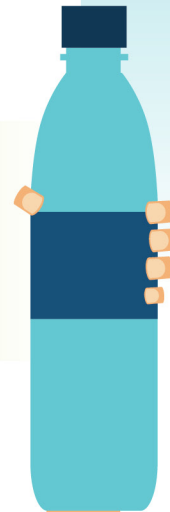
Occupational

Financial

## Club Goals:

To educate, promote and engage PSC students in health and wellness activities focused around the eight basic areas of wellness.

Scan for club application and information:



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