



Wellness Council
Newsletter
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Happiness
IS AN
inside job



[Pumpkin Spice Snickerdoodles](#)

Perfect cookie that combines all the flavors of the season.

Keeping your hands and mind occupied by doing cleaning, sorting, etc., helps keep your mind off negative thoughts.



Dolphins sleep with one eye open



Take a trip out to Letchworth to see the fall foliage and get a hike in too

- Monday: How will you respond to the Bear Market at Noon
- Tuesday: Meditation Session w/ Donna Burke at Noon
- Wednesday: Dove Bar Day – Downtown Campus from Noon - 2:00
- Thursday: The Power of Linked-In at Noon
Strength Training w/ Power Train at 1:30

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