



Wellness Council
Newsletter
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Sausage & Zucchini Skillet



Perfect for those cool evenings and to use up any extra zucchini you may have in your garden.

As soon as you find yourself thinking a negative thought, stop yourself from thinking it and turn it into something positive.



Camels have three eyelids to protect themselves from the blowing sand



Head to Wickham Farms for the pumpkins, apples, and activities for the entire family

- Monday: Five Principles to Govern Your Professional Life
- Tuesday: Meditation Session w/ Donna Burke
- Wednesday: Dove Bar Day – Downtown Campus
- Thursday: Strength Training w/ Power Train

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