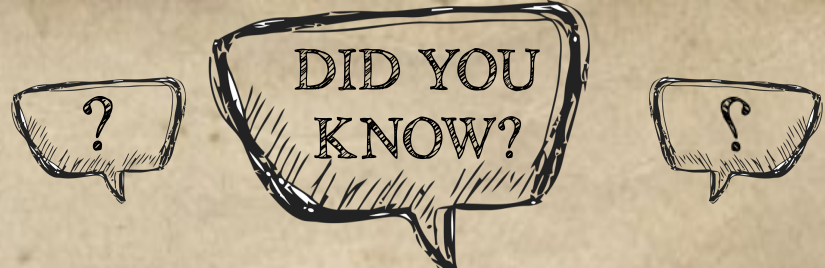


Tips to improve intellectual wellness:

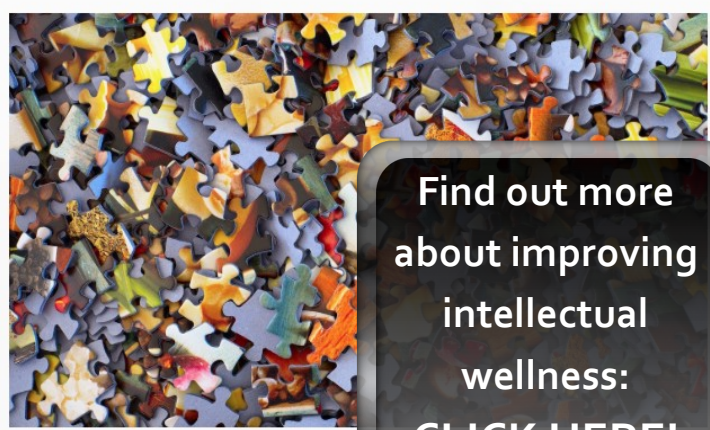


There is an open **Wellness Circle** for faculty and staff to learn more about personal wellness! This group usually meets the fourth Thursday of each month.

CeTEAL offers opportunities to improve your intellectual wellness! For a full list of sessions, visit coastal.edu/ceteal.

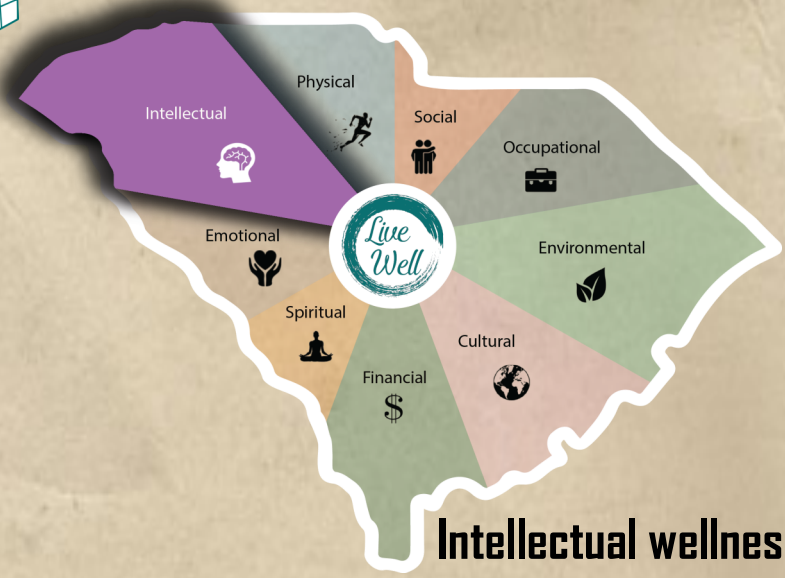


Dealing with Info Overload



Find out more about improving intellectual wellness:
CLICK HERE!

(Sign in with your CCU ID.)



Intellectual wellness:

Exploring new ideas; engaging in forward, independent thinking and problem-solving; seeking out challenges; lifelong learning; and sharing knowledge.

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Contact us !

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