LiveWell Newsletter

Tips to improve intellectual wellness:

- Read for fun
- Play a board game
- Listen to a new podcast
- Play an instrument
- Keep a journal
- Try meditation

DID YOU KNOW?

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

(Sign in with your CCU ID.)

Find out more about improving intellectual wellness: CLICK HERE!

Intellectual wellness:

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

Follow us on social media!

@livewellccu @ccufoodcrew
@wallypondccu @ccushore

Contact us!

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