

First Annual Wellness Symposium



FREE TO ISU STUDENTS AND
COMMUNITY MEMBERS

Wednesday,
September 30th

9:00 am to 3:00 pm

Pond Student Union
Middle and North Fork
Rooms

Seating is Limited
Call 208-282-7750 to Register

SCHEDULE AT-A-GLANCE

NORTH FORK ROOM:

- 9:00 – 11:00 am: Viewing Conflict As An Opportunity
- 11:00 – 12:30 am: Couple Communication: Getting Closer
- 1:00 – 3:00 pm: You In Your Relationships

MIDDLE FORK ROOM:

- 9:00 – 10:30 am: The Elusive Pursuit of Happiness
- 10:30 – 11:30 am: Effectively Manage Stress So It Doesn't Manage You
- 11:30 – 1:00 pm: Taming Your Worried Mind
- 1:00 – 3:00 pm: Reconceptualizing Wellness

Idaho State University Counseling, Testing, and Career Services, in collaboration with other ISU mental health professionals, is excited to have this opportunity to provide ISU students and community members a broad range of educational wellness presentations intended to increase individual awareness of what might be done to enhance an individual's ability to live a quality and balanced life.

You are welcome to attend at no cost and accommodations can be made with advance notice. We encourage your participation, feedback and ideas regarding other topics you would be interested in attending for future symposiums.

Seating is Limited. Please call 282-7750 for information or to register.