



Via Zoom

# Discovering Complete Wellness



A six-week course designed to support your well-being

**Mondays, beginning Oct. 9 • noon to 1 p.m.**

**Tuesdays, beginning Oct. 10 • 5 to 6 p.m.**

Presented by N Good Health, Discovering Complete Wellness is your road map to greater well-being. The course provides a holistic approach based on eight pillars of wellness. Participants learn how to define and measure wellness in each dimension, and how to take action to build wellness-affirming habits and coping strategies.

- Open to all N Good Health participants
- Offered online multiple times a year in six-week intervals
- Access to Norton Healthcare resources to support well-being
- 150 N Good Health program activity points after completion

## Registration

Register for the day and time you prefer by scanning one of the QR codes below. The course will continue for six weeks on your scheduled day.

### **Mondays**

Beginning Oct. 9 • noon to 1 p.m.



### **Tuesdays**

Beginning Oct. 10 • 5 to 6 p.m.



## Questions?

Email [NGoodHealth@nortonhealthcare.org](mailto:NGoodHealth@nortonhealthcare.org).

