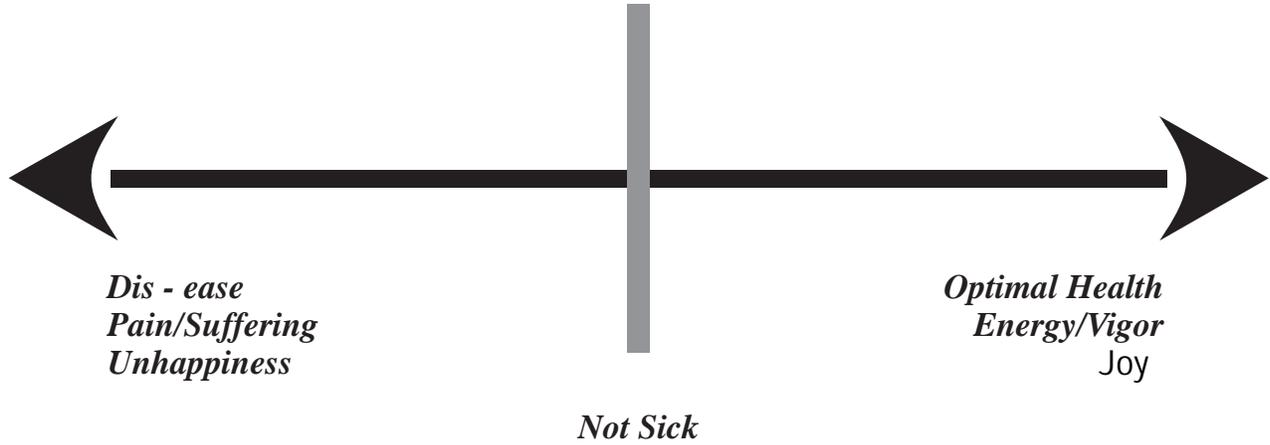


Module 2: What Does Wellness Mean for Our Staff Members?

Handout D: What Is Wellness?



What does "high level wellness" mean to me?

Why is my "X" placed where it is? What could make me more well? What helps me to keep a good level of health right now?

Module 2: What Does Wellness Mean for Our Staff Members?
