

Achieve
Well-being@Work
Wellbeing Hub

Take charge of your well-being your way

Resources to improve
your mind and body



The work you do helps students reach their full potential. Now it's your turn to learn how to live a healthier, happier, and more balanced life!

Achieve Well-being@Work with Independence is a wellness program that offers opportunities to help you better manage your mental, emotional, and physical health.

Take a recess for your mind and body

You can access free monthly virtual global workshops and an on-demand library of interactive resources on mindfulness, stress management, nutrition, and healthy living.

Global workshops will be streamed live and recorded so you can enjoy them at your convenience. Think of it as a chance to take a recess for your mind and body!

- **Mindfulness techniques:** Explore the basics of mindfulness and learn how to apply these techniques to your daily life.
- **Work-life balance strategies:** Develop emotional intelligence skills and learn to set boundaries to help you thrive in all areas of your life.
- **Nutrition:** Learn how to prepare quick, healthy meals along with a dietitian and get answers to your nutrition questions.



Check out
hub.onthegoga.com/paisboa/sign-up
to get started today!

ibx.com/paisboa

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