

# WELLNESS (WELL)

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**WELL 100. Holistic Health. (3 Credits)**

This course explores the many facets of holistic health as it pertains to ourselves. Topics to be covered include body and mind connection, stress management, exercise, nutrition, meditation, visualization and global effects on health. Open to all majors. 3 credits (3 lecture hours), fall and spring semester

**WELL 101. Stress and Wellness. (3 Credits)**

This course introduces the student to the concept of stress, the normalization of stress, nutritional and exercise practices as related to stress, personal health strategies and specific skills for stress management. 3 credits (3 lecture hours), fall or spring semester