YOU’RE INVITED TO

LEGO® SOCIAL HOUR

January 17th, 2018 | 2 – 3 p.m. | Rm E226
School of Medicine & Health Sciences

Come to socialize, relax, or take a break while create your own LEGO® masterpiece! Each Social Hour will have a theme with a chance to win a LEGO® set!

**Don’t forget to log this event into your Wellness CONNECT portal!**

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Medicine is our theme!

The Social Dimension of Wellness is described as creating a support network of friends and family members who care about and love you for who you are. Friends can serve as a source of encouragement and reinforcement for practicing healthy habits. To grow your Social Wellness Dimension, stay connected to people, form new relationships and participate in various social activities.

The Intellectual Dimension of Wellness is characterized by the ability to make sound decisions and to think critically. It encourages openness to new ideas, motivation to master new skills, a sense of humor, creativity, and curiosity.