

University of South Florida
**Earn the 2009-2010
Wellness Certificate!**

**Attend 6 Wellness workshops during the
academic year & earn the
Wellness Certificate for your
USF Co-Curricular Transcript!**

Six Dimensions of
Wellness:

Social
Physical
Intellectual
Occupational
Emotional
Spiritual

Some of the workshops offered:

Calorie Burners
Tools for achieving your fitness goals
Love the Skin you're in
Effective Decision Making
Overcoming Procrastination
Eating well when eating out
Stop blowing smoke



- Advocacy Program
- Campus Recreation
- Counseling Center
- Student Health Services

For more information on Team Wellness visit:
www.sa.usf.edu/wellness

To learn more about the USF Co-Curricular Transcript visit:
www.involvement.usf.edu/cocurric.htm

Questions about how to APPLY for your Wellness 09-10 Certificate?
Call 974-5756