FALL WELLNESS TRYATHLON

The challenge takes place in September!
Join by Sept. 10 and complete it by the end of the month.

"TRY" activities in all 6 dimensions of wellness!

REGISTER TODAY!
Email: valerie.smith@vvc.edu

OPEN TO ANY CURRENT VVC STUDENT!

Be one of the first 275 students to register (and complete the challenge)!

Receive a 1 year subscription to: HEADSPACE, an app to guide you to mindfulness for your everyday life. Get happy! Stress less! Sleep soundly!