

QuEST
Wellness

Why take a wellness course?

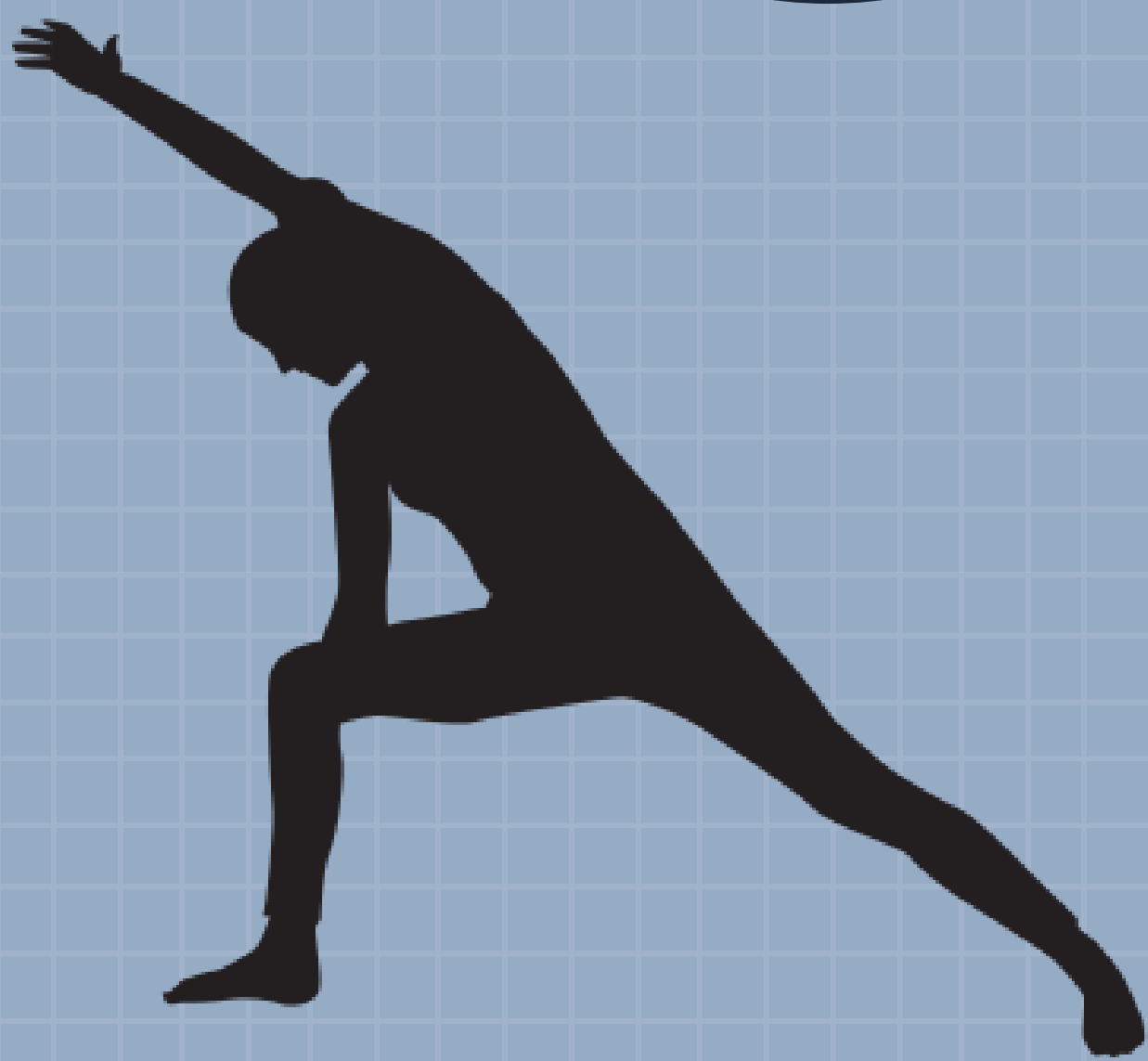
To participate in physical exercise.

To set goals and work towards them.

To set a foundation for lifetime activity patterns.

To actively seek self-reflection and expression.

To experience physical, emotional, relational and spiritual wellness.



The Student's Guide to Nutrition

Resources

Life on Campus

