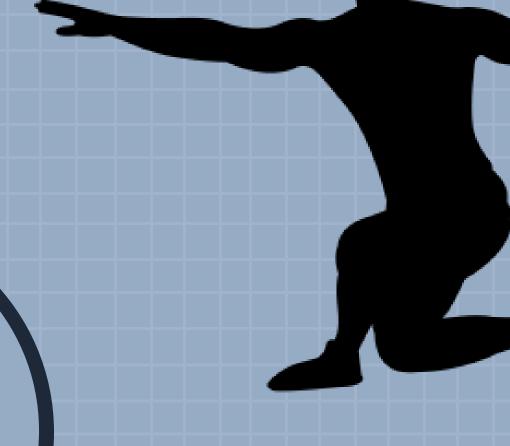


## QuEST Wellness



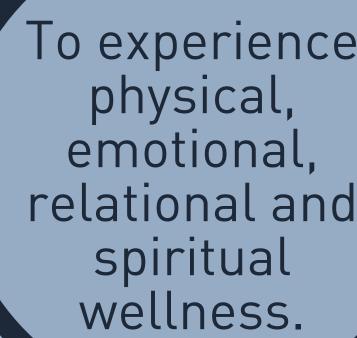
## Why take a wellness course?

To participate in physical exercise.



To set goals and work towards them.

To set a foundation for lifetime activity patterns.



To actively seek selfreflection and expression.

To experience relational and



The Student's Guide to Nutrition



Resources



Life on Campus





GENERAL EDUCATION