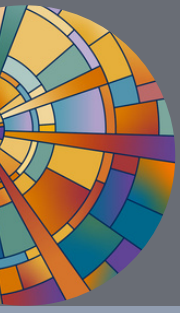


QuEST Wellness



To
participate
in physical
exercise.

To set goals
and work
towards
them.

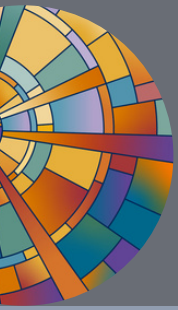
**Why Take
a Wellness
Course?**

To set a
foundation
for lifetime
activity
patterns.

To actively
seek self-
reflection
and
expression.




To experience
physical,
emotional,
relational and
spiritual
wellness.

QuEST Wellness



Resources

The
Student's
Guide to
Nutrition

Your possibilities
see   

Life
On
Campus

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