

# HELP LEAD THE WAY

with

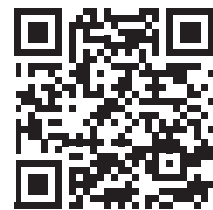
# WELLNESS

at FP&M

**Join the Wellness Committee!**



Visit **inside.fpm.wisc.edu/wellness**  
or scan the code at right for more info.



**Do you:**

- Have a little time?
- Like to help others thrive?
- Enjoy planning?



**CAREER  
GROWTH**  
Connection, Training,  
Development



**EMOTIONAL  
RESILIENCY**  
SAFETY



**ENVIRONMENTAL  
OUTDOORS**  
SUSTAIN  
Place, Relationship



**FINANCIAL**  
PERSONAL BUDGET  
Discounts, Planning

**Would you like to:**

- Take initiative?
- Give back?
- Work independently on  
detailed tasks?



**MEANING  
PURPOSE**  
Reflection



**PHYSICAL  
HEALTH**  
SAFETY  
Movement, Nutrition



**SOCIAL  
CONNECTION**  
Support, Events,  
Activities



**Facilities Planning  
& Management**

UNIVERSITY OF WISCONSIN-MADISON



*Join us!*

[inside.fpm.wisc.edu/wellness](https://inside.fpm.wisc.edu/wellness)