



**January**  
Kick-Off!

**February**  
Mindfulness

**March**  
Nutrition

**April**  
Financial Wellbeing

**May**  
Movement and Transportation

**June**  
Emotional and Mental Wellbeing

**July**  
Creativity

**August**  
Sleep Habits

**September**  
Volunteerism

**October**  
Wrap-up

**November/December**  
Feedback Time: How can we expand the idea of wellness even more?

**WELL<sup>+</sup>**

For more information on Well<sup>+</sup> 2021:  
Keep an eye on your inbox!  
Questions? Email Human Resources:  
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