



University
Wellness

Made to Thrive

the lift project 3.0

VIRTUAL EDITION

A 10-week virtual course that educates on how having a healthy lifestyle benefits the brain and makes us happier during COVID 19.



OCTOBER 7–DECEMBER 16
EVERY WEDNESDAY, 12:30–1:15 P.M.

FOR ANDREWS EMPLOYEES ONLY

LEAD COACH: Dominique Gummelt

ASSISTANT COACH: Denard Fenaud

COST: \$20 registration fee (cash only)

There will be giveaways!

MORE INFO:

andrews.edu/wellness



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Center for Wellness