



City School

by
MOHAWK

Try college for FREE!

Introduction to Health and Wellness

Receive a college credit
upon successful completion

This course is offered in partnership with



Introduction to Health and Wellness

Part of the Health Wellness and Fitness Program of Studies

This is for you if:

- You are not enrolled in college or university
- You are not currently in high school

You will learn:

- The basic dimensions of wellness: physical, intellectual, social, psychological and spiritual components of staying healthy
- How to take a balanced approach to lifestyle choices that have an impact on your health
- Become prepared for stress management in emergency services and occupational wellness
- Participate in experiential learning opportunities with Hamilton Health Sciences staff

When:

Tuesdays, Wednesdays and Thursdays, July 5 - July 28, 2016, 9 am - 1 pm

Where:

Hamilton General Hospital, 237 Barton Street East, Hamilton

Note: Immunization clearance is required for this course. Hamilton Health Sciences is pleased to offer this service for free.



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