

2025 Wellness Webinar Series



Mindful Choices: The Conscious Consumption Movement

Explore a holistic approach to conscious consumption, considering the impact of substances like vaping and misuse of prescription drugs, and alcohol on overall well-being. Learn how mindful habits support physical and mental health, helping you make choices that benefit both body and mind.

PRESENTER: Paige Kinucan, Program Manager, Health and Wellness

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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.