

Counselor Education *Wellness Works* presents:

*Refresh your Mind,
Rejuvenate your Body,
Renew your Spirit:*



A Wellness Program for Future Counselors

Join in this very specialized research study where YOU create your own wellness plan with any activities that you feel would improve your personal wellness mentally, physically or spiritually. It can be an informal personal plan (you will not have to turn it in) or a very detailed one where you track your progress daily. It is up to you! A worksheet to create your plan and sample tracking guide will be provided if you desire to use them.

The only requirement from you is completion of our pre & post 5F-Wel assessment (about 10 minutes each & taken online) in January and April... the rest is up to you! You will receive a free copy of your assessment reports (\$18 value) upon completion of the study to view your progress.

If you are interested in participating in this research study, please come to one of our Introduction & Informed Consent sessions on:

Monday, January 12th at 5 pm (N 1205)

Wednesday, January 14th at 11:45 am (N 1327B)

Friday, January 16th at 11:45 am (N 1327A)

If you are unable to attend one of the three sessions, please email to arrange a time to cover the missed information. The link to the first assessment will be emailed to you around January 16th.

Even if you do not participate in the study, the wellness workshops are open to everyone, so we welcome your continued participation. If you have any questions, please email Cheryl Pence Wolf, Principle Investigator, cpence@ufl.edu

If you have any comments, questions or suggestions for future wellness activities, please contact:

Cheryl Pence Wolf, Principle Investigator, cpence@ufl.edu
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Eric Thompson, Co-investigator, erict56@ufl.edu

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