Wellness C4ward

Purpose:
1. Encourage a wellness culture at KCC
2. Support each other in our wellness goals
3. Provide coaching opportunities for ESS majors

We Hope:
That you will come join us!

Longevity is:
- Lifestyle 50%
- Environment 20%
- Medical treatment 10%
- Heredity 20%

Activities:
- Walking
- Core exercises
- Resistance Training

Anticipated Outcomes:
Participants may experience:
- Increased productivity
- Increased job satisfaction
- Increased ability to engage students and support student success