Wellness C4ward

Purpose:
1. Encourage a wellness culture at KCC
2. Raise awareness of wellness issues
3. Support each other in our wellness goals

We Hope:
That you will come join us!

Outcomes: an institutional culture that supports wellness may experience:
- Increased productivity
- Increased job satisfaction
- Increased ability to engage students and support student success

Activities:
- Walking group
- Core exercises
- Goal setting