SEPTEMBER 2020 NEWSLETTER

WHO WE ARE
EVENTS & SOCIAL MEDIA
PEER SPOTLIGHT
MONTHLY HEALTH AWARENESS
S.M.A.R.T. GOALS
Who We Are

Purpose

WPE utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental, and spiritual well-being.

What We Do

- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources
- Hosts campus-wide & national awareness campaigns
- Provide stress relieving services (i.e. Workshops, Presentations, and massage chairs)
Events & Social Media

September

Follow us on Instagram: @CI_Wellness

Follow us on Facebook: @CIWPE
I am from a small town known as La Crescenta, CA. I moved to San Clemente when I was 11 years old and that's where my parents are now. I moved to Oxnard in 2019 to transfer to CI where I am currently a Junior. I live with my cat Gus and my boyfriend. I love sports and anything to stay active!

ABOUT ME

DESCRIBE WHAT WELLNESS MEANS TO YOU

To me, wellness is eating healthy and filling myself with food I love. It's also treating myself to brownies. It is also making sure I take the time for myself with mental breaks, going to the beach, and face masks.

HOBBIES

Going to the beach, running, writing for my blog and traveling

FAVORITE QUOTE

Love the Life you Live, Live the Life you Love.
SEPTEMBER HEALTH AWARENESS

National Food Safety Education Month
Every year, about 1 in 6 Americans get sick, 128,000 are hospitalized, and 3,000 die from contaminated food.  www.cdc.gov

Pain Awareness Month
Nearly 100 Americans experience chronic pain - more than those who have diabetes, heart disease, and cancer combined. Pain is a warning sign that indicates a problem needs attention. www.hopkinsmedicine.org

World Alzheimer's Month
Alzheimer's disease is often referred to as a family disease, due to the chronic stress of watching a loved one slowly decline. Every 68 seconds, someone develops Alzheimer's disease www.alzinfo.org
What are CI students saying about SMART Goals?

"I honestly think that everything I could have wanted was put to use. My coach was helpful, had resources, and made me feel great about my goal."

"I like how the questions helped come up with an organized plan."

"It helped me narrow down what I want and ways to obtain it."

"Great experience really helping keeping me on track!"
Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

**Did You Know?**
Wellness Promotion & Education has a mentoring program that helps you achieve your goals! Want to eat healthier? Want to try a new workout routine? Want to stop procrastinating? WPE can help!

**How Does It Work?**
Meet one on one with one of our friendly certified peer educators to discuss your goal. Using the SMART Goals framework, you'll carve out your goal and set rewards for when you achieve them!

**How Do I Get Started?!**
Submit an interest form online through our website [www.csuci.edu/wpe](http://www.csuci.edu/wpe) to make your appointment today! You'll meet with a certified wellness peer educator who will help guide you and keep you accountable!