



ALAMO COLLEGES DISTRICT
St. Philip's College

Wellness Wednesdays at SPC

Wellness Wednesday sessions are designed to foster the development of healthy habits and lay the groundwork for students, faculty, and staff to lead a balanced and healthy lifestyle. In engaging in meaningful dialogue, individuals learn ways to become more healthy, confident, and resilient.

Sessions take place every Wednesday from 2:00 pm- 3:00 pm via Zoom.

Each meeting will feature a guest speaker.

Zoom Meeting Information:

<https://alamo.zoom.us/j/94472074484>

Meeting ID: 944 7207 4484