



St. Augustine College
at LEWIS UNIVERSITY

BECOMING LEADERS
SERIES

The Student Council and Student
Success Center present

Wellness Day

Discover new self-care routines to
recharge and find balance in your life.
Find inspiration through engaging
presentations, relaxation and much more.
Families are welcome.



INSPIRATIONAL TOOLS



AROMATHERAPY



WORKOUT DEMONSTRATIONS



RAFFLES PRIZES
(MUST BE PRESENT)



NUTRITIONAL GUIDANCE



GOODIE BAGS
(MUST BE PRESENT)



SELF-HELP RESOURCE LIST



SATURDAY, OCT. 26

10:00AM - 1:00PM



Atrium

Main Campus - 1st Fl.
1345 W. Argyle, Chicago
Free Parking - In person event



We are thankful to our
community partners for
their participation



Need more info?

Maria: mugarte@staugustine.lewisu.edu

Scan the QR Code
or Register **Here**



SIONA HEALTH CARE
a health care partner you can count on

