

Peer Education Resource Center (PERC)
WHOLE HEALTH ACTION
MANAGEMENT--WHAM



It is a ten week course starting Tuesday 1/23/18 and goes to Tuesday 3/27/18. 3:15- 4:45 pm

- We will explore ten areas of wellness: Stress Management to Physical Activity
- Explore whole health and resiliency
- Set a goal and action plans
- Participate in peer support to help reach your goal
- You must attend 8 of the 10 classes to get a certificate

- Contact Sarah Selkovits sselkovits@baycove.org or at PERC phone 617-788-1034 to pre-register

- **Program takes place at the PERC office 1500 Dorchester Ave, Dorchester, MA 02122 in the Lower Level**