

WHAM

Whole Health and Resiliency Action Management

Starts Tuesday June 12, 2018 thru Tuesday August 14, 2018



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

MBRLC/PERC

1500 Dorchester Avenue,

Fields Corner, Dorchester, MA 02124

Please contact Sarah Selkovits at (617)788-1034 or

sselkovits@baycove.org

Please PRE-register as seating is limited.

This is a 10 week course and you can only miss 2 sessions to be certified.