

PROMOTING HEALTH AND WELL-BEING THROUGH OUR

SCC Health & Wellness Club

At SCC, we are committed to the well-being of our students, recognizing that health (both mental and physical) and wellness are essential for academic success and personal growth. The purpose of the Health and Wellness Club is to bring awareness, educate, and promote action across the eight dimensions of wellness (Social, Emotional, Physical, Spiritual, Intellectual, Environmental, Financial and Career).

ARE YOU INTERESTED IN:

- Physical, mental and other areas of wellness?
- Educating and bringing awareness to important causes?
- Affecting change on campus?
- Developing leadership skills?
- Health and wellness?

To be a member of the Health and Wellness Club, you must:

- Be a registered SCC student
- Agree with the club's purpose
- Be willing to promote wellness on the campus and help with club events

EMOTIONAL

Being able to regulate emotions, manage stress, and set healthy priorities.

SOCIAL

The socially well person has a sense of connection and a dependable support system.

ENVIRONMENTAL

The environmentally well person has good health through pleasant environments that support well-being and appreciates the relationship of the individual to nature.

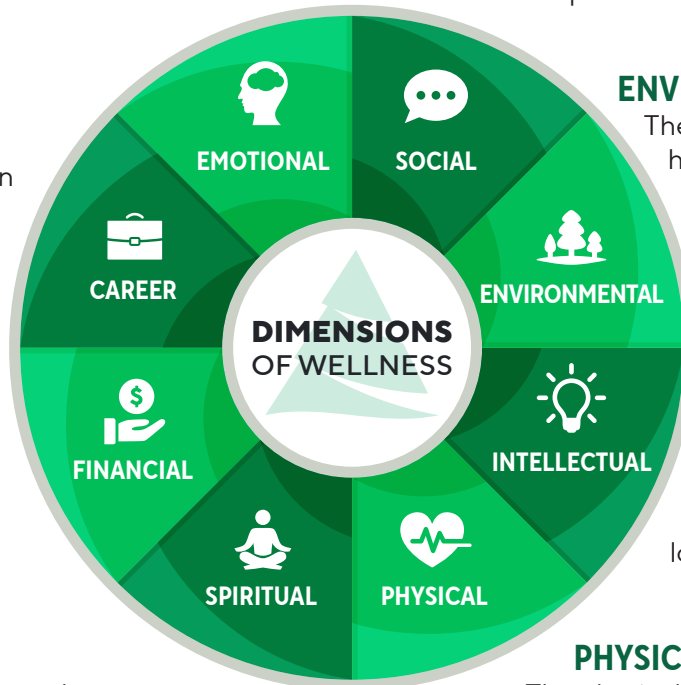
INTELLECTUAL

The intellectually well person identifies creative abilities, expands knowledge and skills and pursues life-long learning.

PHYSICAL

The physically well person recognizes the need for physical activity, sleep, nutrition and attends regular medical check-ups.

DIMENSIONS OF WELLNESS



CAREER

The professionally well person has personal satisfaction and enrichment from one's work.

FINANCIAL

The financially well person is aware of their current financial situation and manages finances to achieve realistic goals.

SPIRITUAL

The spiritually well person explores their sense of purpose and meaning in life through connection and self-reflection.

FOR MORE INFORMATION

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