



**Providence
Health Care**

How you want to be treated.

The Journey to Wellness: One Step at a Time

Session Description

Many of us use the beginning of a new year to renew our commitment to living a healthier lifestyle, but how often are these resolutions kept? This session will examine what wellness means and provides simple steps to help participants set their own health goals and keep them on track for achieving their personal definitions of wellness.

Registration link:

Link: <https://forms.gle/PVgipYbqeEXGDoZYA> You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



**March 12, 2025
12 pm - 1 pm**

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Questions? Email wellness@providencehealth.bc.ca