



SELF CARE vs Health Care



The Path Toward Vitality & Well-being!



MEDITATION



Part 1 of SELF CARE EXERCISE



The Six Best Doctors

sunshine

water

rest

air

exercise

diet



Plus – love, laughter & connection!



Get outside no matter the weather!



Drink more water!



For the love of god, get some sleep!



Breathe with intention!



Move like you mean it!



‘Eat food, not too much, mostly plants.’
Michael Pollen



Prevent, stop, reduce inflammation!



Biome – the intelligent gut!



Epigenetics, turning genes off & on!



Part 2 of SELF CARE EXERCISE



MINDFULNESS



Social Media

- Connect with us!
- Twitter: @KSUWellness
- Facebook: Kent State of Wellness
- Website: <https://www.kent.edu/stateofwellness>
- #healthyKSU
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