



JULY 19, 2017

WELLNESS

WEDNESDAYS

Every third Wednesday!

Wellness matters. Join us for some activities to help promote your well-being as a Johns Hopkins trainee.

For more details visit Wellness.som.jhu.edu



1-5pm

**10 minute
massages &
Healthy snacks**

Turner Concourse by the
waterfall

5:30-6:30pm

Outdoor Yoga

Outside Miller Research
Building

5:30-6:30pm

**AfterWards
reflective writing**

Phipps 140

**Resident/Fellow
Wellness Initiative**

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