



Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.

“UNC Total Well-Being Expo” Recap

- On Wednesday, March 14th, the University hosted the “Total Well-Being Expo” at the Rams Head Recreation Center. All University employees were invited to attend and learn about the various well-being opportunities offered across campus and in the Triangle.
- PM&R and PIM hosted a booth together and met with many interested attendees. The booth provided information on the various rehabilitation therapies available, sleep tips, mindfulness courses and best practices, and weight loss and lifestyle management.
- Thank you to those who worked and attended this event!

(Right) User tests the brain wave device which measures meditation, mindfulness, and concentration.



(Below) PM&R and PIM booth staffers pose with our display table.



Wellness Expo