



Benefitting from multiple programs!

Bethany Pope, an assistant in CWRU's SOURCE (Support of Undergraduate Research and Creative Endeavors) Office has been a dedicated participant in the Wellness Program.

Financial Wellness 101 and 201

Both of the Financial Wellness Series helped me to understand finances on a broader level and begin to see that I could make minor changes to get to where I needed to be financially. The courses are very diverse but I realized that by attending them all I would understand things that I need to know in my life now and things that would not apply to my life until the future. I now understand a host of financial terms and what each is for and how it applies to me.

I now see my 403b growing instead of fluctuating and it is wonderful to know that I am consistently saving for my future.

I encourage everyone to take these courses because they pay now and in the long term. There are not very many things in life that can do that.

SMART Courses

I have taken both of the SMART series courses and they have helped me with stress management tremendously. I already had some stress management tools through my faith that helped me a great deal. These added another layer of assistance which also bolstered what I was already doing. The instructor of the course is wonderful. While things are not and will not soon be easy to manage in my life - my ability to deal with them and remain in a peaceable state have improved.

Health Back and Body

From day one the exercises in this course helped me with lower back pain. What you learn about your back, posture and body are tremendous tools to aid in the long-term health of your back. I also consulted with the Ergonomics person in Environmental Health and Safety to make modification at my desk. I have been doing well since then.

Books-at-Work

I have never been in a book club (I know BaW does not like this term) before and I found it wonderful to get others insights and to see what they caught that I did not. I believe it has helped me be slightly more aware and focused when I read. It is nice to meet others on campus that I would not normally get to know. The books are not always to my taste but the discussions are lively.

Keep America Active/Coast to Coast

I have enjoyed these exercise programs with goals to reach and positive modifications. I look forward to them starting because they come in the dead of winter when I would otherwise just want to hibernate. I have had great teammates who encourage me but also allow me to work at my own pace.

All of the courses I have taken through the Wellness Program at CWRU have helped me to be healthier and happier. Thanks so much!