



*sponsored under the Kuskokwin Campus
Box 368 Bethel, AK 99559

HAPPINESS, WELL-BEING & SELF-CARE

HUMS F250, CRN 77627, 3 credits

November 7-12, 2022

*Meets 9-5 p.m. Location: Fairbanks based
Interior Alaska Campus, Harper Building*

Instructor:

Annie Hopper, LCSW
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(907) 474-5422

Course Description:

This course explores the dynamics and impacts of stress on the body and facilitates strategies to promote life-long wellness and happiness. Students will learn a variety of relaxation, mindfulness and stress-reduction techniques to attain calming states of well-being. These can be applied to improve quality of life in all of life challenges.

For more information or to register, contact:

Ashton Snow, TCC-TPSP
(907) 452-8251 ext. 3430



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