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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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:
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