April 2019

The Center for Wellness Science provides a concise resource for individuals interested in learning more about factors that influence wellness, informative research, and strategies for improving everyday wellness.

Upcoming Events

RHB 3660 - WELLNESS FOR HELPERS
Summer 2019

Dr. Sabo recognized through his work experience as a rehabilitation counselor the stress associated with working as a helper, whether that is as a counselor, social worker, rehabilitation professional, etc. While the course outlines the unique aspects of stress that can develop when working as a professional helper, the course also addresses how to enhance overall wellness in all aspects of one’s life. Feel free to check out the listing in the WSU Summer Schedule and sign up if you are interested!

Center for Wellness Science
Spring Newsletter

Welcome to the CWS Spring 2019 Newsletter. It’s hard to believe our center has been open for over one year now! Please enjoy the latest picks and stories from Dr. GO.

Top Picks for Spring from Dr. GO

Book:

Ecotherapy: Theory, Research and Practice
By Martin Jordan & Joe Hinds

In addition to theoretical frameworks and supporting research, this book provides authentic examples of how practitioners incorporate ecotherapy into their services.

Website:
https://www.onegreenplanet.org/channel/vegan-recipe/

One green planet has tons of information about all sorts of things but I love most their amazing recipes. Healthy, tasty and very good for the planet.
Favorite Recent Wellness Experience:

So I recently went to New Orleans for a conference. I can almost imagine all of you trying to figure out how a trip to NOLA relates to wellness. Sure, the area is known for some less than healthy vacation activities. But what people can often overlook are the quieter, off the beaten path opportunities to enjoy the scenery and get back to nature.

Just within a short drive of the city I found the Audubon Park which offers a long walking path that encircles a zoo and golf course as well as skirts the river and a canal. I was mesmerized by the beautiful old growth trees and balancing squirrels. Did I mention the tons of turtles?

In addition, I explored the City Park with the Couturie Forest and Historic Oak Grove. So many beautiful flowers and so little. Finally, no good NOLA trip is complete without a trip to the swamp and/or bayou. As you would expect, this involved an eco-tour via kayak. What was so wonderful about this adventure was all of the information I learned about the local history, flora, fauna, and current state of the environment. It was certainly a grand adventure!