SELF CARE vs Health Care
The Path Toward Vitality & Well-being!
MEDITATION
Part 1 of SELF CARE EXERCISE
The Six Best Doctors

- sunshine
- water
- rest
- air
- exercise
- diet
Plus – love, laughter & connection!
Get outside no matter the weather!
Drink more water!
For the love of god, get some sleep!
Breathe with intention!
Move like you mean it!
‘Eat food, not too much, mostly plants.’
Michael Pollen
Prevent, stop, reduce inflammation!
Biome – the intelligent gut!
Epigenetics, turning genes off & on!
Part 2 of SELF CARE EXERCISE
MINDFULNESS
Social Media

• Connect with us!
• Twitter: @KSUWellness
• Facebook: Kent State of Wellness
• Website: https://www.kent.edu/stateofwellness
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