



Love Your Wellness Journals

It's the season of love!

In partnership with the Wellness Center, ASAP invites you to pick up a journal along with a Prompt Bingo sheet to fill your self-love cup throughout the semester!

The Love Your Wellness Journals aim to enhance student wellness through practicing self-love, deep reflection, and growth in all 8 dimensions.

PICK UPS STARTING FEBRUARY 5th!

Limited Availability: Until supplies lasts!

Pick-up Location: ASAP Center: 901 W. Roosevelt Road, PEB

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