

Share wellness tips

How
are you
feeling?



Resident Wellness

Make time
to unwind



Resident Wellness

Wellness is increasingly important to take care of mental, physical and emotional health. ROAAOMS is featuring wellness tips to help residents become more aware of their own wellness and to offer suggestions for a healthier and more fulfilling life. Other aspects of wellness can include social, career, environmental and intellectual factors. For example, a wellness tip could be to take the stairs at work or get involved in a community.

Email one to three tips or activities that help you achieve wellness to Laurie Oddo at loddo@aaoms.org.

Take care of yourself! Practice wellness daily.

