Join our student wellness pilot program, DASH, for the spring semester!

**What it is:** Wellness and self-care accountability program

**What you do:** Set wellness goals with teammates and hold each other accountable, present on a certain wellness topic to your classmates (optional)

**What we do:** Provide learning opportunities to help achieve your goals (workshops, seminars, guest speakers, etc.)

**Areas of Focus:** Nutrition, Fitness, Stress Management, and Social-Emotional Health

**What you gain:** Lifelong self-care habits, better work/life balance, improved health and wellness, and the chance to win some awesome PRIZES (VIP parking, massages, healthy food, gift cards, and MORE!)

**How to join:**

1. Click [here](#) to fill out our DASH sign-up form, to help us determine your wellness groups
2. Join us for our informational meeting on **Thursday, January 12th at 12:00 p.m. in room 150**
3. Spread the word and encourage your friends!
4. [Email Alia](#) with questions

**Kick off 2017 as a healthier, happier medical student!**