

# Mission of the CSCC Wellbeing Initiative

Improve the health and wellbeing of the Columbus State community through:

- Increasing employee awareness and education of current best practices within health and wellbeing.
- Offering diverse services and resources that encompass the eight areas of wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.
- Offering behavior change programs and support systems that enable individuals to make healthier lifestyle choices and maintain healthy lifestyle changes.
- Ensuring that opportunities to improve the health and wellbeing culture of Columbus State are accessible and applicable to all members of our College community.