

# Pathways



# to Wellness

Wilkes Community College  
and the Alleghany Wellness Coalition  
*present*

## Pathways to Wellness Retreat 2024

**Thursday, May 30**

WCC Alleghany Center

Breakfast and lunch will be included.

Choose from one of two sessions. The same topics will be covered in each session.

Session 1: Registration begins at 7:20 a.m. Sessions end at 3:00 p.m.

Session 2: Registration begins at 8:40 a.m. Sessions end at 4:15 p.m.

This retreat will provide invaluable information for our community on relevant issues impacting our youth such as...

- ▶ Bullying
- ▶ Mental Health & Suicide Prevention
- ▶ Substance Use (Alcohol, Tobacco, & Other Drugs)
- ▶ Sexual Behavior

The retreat will end with a session on self-care.

Local resource providers will be present to provide information on their services.

This retreat is for professionals, managers, clergy, educators, first responders, parents, and concerned citizens.

This informative training is provided to our community at no cost thanks to the generous support of Vaya Health and BCBS. CEU's will be available for those who request them.

Seats are limited. Registration is required in advance.

To register, please contact Paige Belt at 336-903-3146 or [pbbelt113@wilkescc.edu](mailto:pbbelt113@wilkescc.edu).



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