



UNIVERSITY SYSTEM
of MARYLAND

*Whole
Self*

WHOLE SEASON

DEC. 16
9 AM - 12 PM
2025

Join the USM Learning & Talent Development Committee for a half-day of live, virtual workshops designed to restore balance and renew energy for the season ahead. Register with your USM campus email to receive your session links. Family members are welcome to attend. All sessions will be recorded—so be sure to register for any topics that interest you.

Take a mindful pause before winter break.

www.usmd.edu/WinterWellness2025
Brought to you by the USM Learning and Talent
Development Committee.

