



Benefitting from multiple programs!

Bethany Pope, an assistant in CWRU's SOURCE (Support of Undergraduate Research & Creative Endeavors) program has been a dedicated participant in the Wellness Program. Having recently completed Financial Wellness 201, she offered to share some of her successes.

Financial Wellness 101 and 201

Both of the Financial Wellness series helped me to understand finances on a broader level and begin to see that I could make minor changes to get to where I needed to be financially. The courses are very diverse but I realized that by attending them all I would understand things that I need to know in my life now and understand things that would not apply to my life until the future.

I now understand a host of financial terms and what each is for and how it applies to me. Bill Mahnic is a great instructor who is plain spoken and easy to approach.

Because I slowly started to improve my retirement savings through my 403B I got a bonus of \$200 on my tax refund. So along with the CWRU bonus of \$100, this class has been well worth my time and improved my finances in many ways.

I encourage everyone to take his courses because they pay now and in the long term. There are not very many things in life that can do that.

SMART 1.0 and 2.0

I have taken both of the SMART series courses and they have helped me with stress management tremendously. I already had some stress management tools through my faith that helped me a great deal. These added another layer of assistance which bolstered what I was already doing. The course instructor is wonderful. While things are not now, nor will soon be, easy to manage in my life - my ability to deal with them and remain in a peaceable state has improved.

Healthy Backs and Bodies 1.0 and 2.0

From day one the exercises in this course helped me with lower back pain. What you learn about your back, posture and body are tremendous tools to aide in the long term health of your back. I also consulted with the Ergonomics person in Environmental Health and Safety to make modification at my desk. I have been doing well since then.

All of the courses I have taken through the Wellness Program at CWRU have helped me to be healthier and happier.