

2015 WHOI Fitness Challenge: Wellness at WHOI

Awareness - Education - Action

Welcome to the "WHOI Wellness" website! Because WHOI wishes the highest quality of life for our employees, students, and family members, we are making greater efforts to provide programs that promote wellness and a healthy mind, body, and spirit.

Wellness means different things to different people. For this reason, we strive to provide programs on a variety of topics including healthcare, financial planning, fitness, handling stress, and dealing with family issues. It is our mission to encourage members of the WHOI community to improve and maintain healthier lifestyles through awareness, education, physical activities, and a balance of work and family life.



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Last updated: June 9, 2014

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