



## WHAT IS LIVE WELL UT?



Live Well UT is our student-led peer-wellness and education program. We aim to provide educational opportunities that engage UT students in defining their own path to wellbeing. We hold hundreds of **free events and programs** throughout the year that support positive lifestyle choices and efforts for self-care across all aspects of wellness: **physical, emotional, social, spiritual, intellectual, environmental, occupational and financial.**

To get involved and learn about upcoming events, visit our [website](#) and follow us on Instagram @livewellut.