

The Training Post-Fall 2020

Question Corner: Which wellness dimensions will you work on for the rest of the year?

Stress management, eating healthy

Rosemarie Tucillo

DEP

Physical, Mental, Spiritual

Carlton Bergman

DEP

Emotional Wellness

Bosede Opaleye

DOH, Ancora Psychiatric Hospital

Walking at least 30 minutes a day

Agnes Real

Trenton Psychiatric Hospital

I will work on my spiritual dimensions as well as working on coping with stress.

Tammy Perilli

Motor Vehicle Commission