

Because health matters—and so do *you*. Welcoming Wellness is all about helping students recharge, reset, and support one another through fun, creative, and stress-busting activities. From sports and art to mindfulness and awareness campaigns, we're here to break the stigma, build each other up, and remind everyone at SAS Homestead that taking care of your mind and body is just as important as anything else. Come for the good vibes, stay for the real talk.

<https://www.instagram.com/saswelcomingwellness/>

