

# Get to Know Your Wellness Captain

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DC36

*Featuring Gunner*



### *Wellbeing Interest*

Wellbeing means taking time to focus on yourself and make sure you are whole as a person. Doing the small steps that keep you grounded and moving towards a healthy mind and body.



### *Wellness Captain Interest*

I was drawn to this role because I want to have a greater comprehension of wellness and promote it in with my leaders and peers.



### *Fun Fact*

I enjoy baking!