



# The Wellness Factor in the life of a lawyer

## Wellness Notes

The Delaware State Bar Association's unique and innovative wellness program for attorneys has concluded another year. Since its inception, the program presented a myriad of topics on all aspects of health, wellness, healing, stress management, nutrition, natural remedies, and much more.

The program will return in the fall with new programs and a new format.

Until then....

### *Have a healthy summer.*

1. Be kind to yourself.
2. Balance work with leisure.
3. Enjoy the summer abundance of fresh fruits and vegetables.
4. Get some sun, but not too much.
5. And remember, we travel through life only once. Make it a good journey. Make it a long journey.
6. Wishing you health and peace.

*Carol Waldhauser*

*Rina Marks*

---

### **Wanted: Suggestion for Future Wellness Factor Sessions**

The Wellness Factor is here for YOU!

Please let us know if there are Wellness topics you would like to learn more about in future Wellness Factor Sessions.

E-mail us!

Rina Marks at [rmarks@dsba.org](mailto:rmarks@dsba.org)

Carol Waldhauser at [cwaldhauser@de-lap.org](mailto:cwaldhauser@de-lap.org)