**This Document contains a “Prior to Class Email” template on page 1 AND**

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**Prior to Class Email**

**Subject: ASSIGNMENT: My Aggie Wellness Journey**

Howdy!

This week in class we will be exploring the eight dimensions of wellness in the My Aggie Wellness Journey lesson. In order to be prepared for this class, it is required that you review [The Eight Dimensions of Wellness YouTube video](https://www.youtube.com/watch?v=2NR4_5dt7JA) and the [My Aggie Wellness Journey video](http://tx.ag/mawj) **BEFORE class.** Please come prepared as these videos will not be viewed in class.

The Eight Dimensions of Wellness YouTube Video: <https://www.youtube.com/watch?v=2NR4_5dt7JA>

My Aggie Wellness Journey Video - located on home page: <http://tx.ag/tamuwellness>

During this lesson, we will be working in groups to identify healthy and unhealthy behaviors from a case study. To save time, we have divided the class into pre-assigned groups of 3-4 students.

When you arrive to class you will sit with your pre-assigned group identified below:

* Group 1
	+ Member 1
	+ Member 2
	+ Member 3
	+ Member 4 (if applicable)

Feel free to review Case Study prior to class, it can be found under Activities on the My Aggie Wellness Journey Website: <http://tx.ag/tamuwellness>

Please do not hesitate to reach out if you have any questions or concerns.

Thank you,

[Peer Mentor Name]

**After Class Email**

**Subject: RECAP: My Aggie Wellness Journey**

Howdy!

I hope this email finds you WELL after reviewing the My Aggie Wellness Journey lesson and the eight dimensions of wellness!

Please provide your feedback regarding your participation in the My Aggie Wellness Journey curriculum. Your responses will help Health Promotion improve future programming and curriculum. Feedback is welcome at: tx.ag/HUWellnessSurvey or at <https://tamu.qualtrics.com/jfe/form/SV_56jEYP6xPSFO3mC>

We covered a lot of useful information with you all that could be applied to your lives but at the end of the day, the key ingredient to this is YOU! We encourage you to live your best life and thrive in your Aggie Wellness Journey. We are not perfect, we strive for balance while knowing, some days will be better than others.

My Aggie Wellness Journey Video - [tx.ag/MAWJ](http://tx.ag/MAWJ)

Don’t forget about these resources! - [My Aggie Wellness Journey Curriculum website](http://tx.ag/tamuwellness)

YOU matter and YOU are enough. Your Aggie Wellness Journey begins with YOU, and continues with what YOU need while in college. We are here to support YOU along the way.

Have a great week!

[Peer Mentor Name]