



# CENTER FOR THE ADVANCEMENT OF WELL-BEING

## Our Mission

The mission of CWB is to be a catalyst for human well-being by promoting the science and practices that lead to a life of vitality, purpose, resilience, and engagement.

## Well-Being Resources

- Burn Along
- Clifton Strengths
- Mason Chooses Kindness
- Mental Health First Aid
- Mindful Mason Moments
- Resilience Badge
- Rx Racial Healing Circles
- Thriving Together Well-Being Weekly

CWB is an interdisciplinary center at Mason, dedicated to helping individuals and organizations thrive in a world of complexity and uncertainty.



@CWB\_MASON



@CWB Mason

Website:

[wellbeing.gmu.edu](http://wellbeing.gmu.edu)

Phone: 703-993-6090

Email: [cwb@gmu.edu](mailto:cwb@gmu.edu)



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