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### Moving Forward: Wellness One Step at a Time

#### Archives Available

**August 01st 2014: Special Encore Presentation: Moving Forward: Wellness One Step at a Time**

What is wellness? Join us as we talk with Dr. Michele Kerulis about that question. We'll explore the broad category of wellness, areas of wellness, misconceptions, what gets in the way of being well, and potential steps to move forward in becoming well. Find out if you can be well in one area and not others.

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#### Featured Guest



#### Dr. Michele Kerulis

Dr. Kerulis' years of experience as an athlete, fitness professional, performer, and therapist have created the foundation for her belief that the skills necessary to achieve success in sport and performance are the same skills necessary to achieve excellence in life. She has worked with a variety of populations and has helped groups and individuals live their dreams through helping them realize limitless possibilities while attaining lifelong wellness. Dr. Michele Kerulis is a Licensed Clinical Professional Counselor (LCPC) in the state of IL and a certified consultant through the Association for Applied Sport Psychology (CC-AASP). Dr. Kerulis is the Program Director of Sport & Health Psych

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