



WellCats

Live. Work. Be Well.

Led by wellness experts within our campus community, WellCats is your employee wellness program designed to help you improve your overall health and well-being.

Register today to gain **FREE** access to:



WellCats Educational Series



On-Campus Group Training Classes



Hands-On Cooking Classes

And More!

TEXAS  **STATE**
UNIVERSITY®

Connect With Us!



Virtual Group Classes

Visit wellcats.txstate.edu/edresearch for a YouTube playlist of exercise class recordings, healthy cooking demos, and more!



@txst_wellcats

Follow us on Instagram for wellness tips, health & nutrition facts, and WellCats member spotlights.

Scan the QR Code below for more details including full class descriptions and locations!

