

Spring
2026

Tri-C's Metro Campus
Preventative Care Center
"The Wellness Club"



When: 3:00 – 4:00pm on Tuesdays and/or Thursdays

What: 1 - hour group sessions

- **Topics addressed:** stress management, relaxation, leisure exploration, mindfulness strategies, pain management, sleep hygiene, self-advocacy, and more.
- Group sessions will be led by OTA students with faculty support.
- Light snacks, coffee, tea, and water will be provided.
- **Sessions begin Tuesday, March 17th and run through April 8, 2026 .**

Where: located on the Ground floor, Room 003 (Occupational Therapy Lab) at the Tri-C Metro Campus, Health Careers Building (floor below Preventative Care Center)

How to register: An Occupational Therapy evaluation with PCC OT is required prior to participating in the group sessions

- **Contact the PCC for information and to schedule**
- **www.tri-c.edu/pcc**

- 216-987-3555
Metro Campus Care Center
2900 Community College Ave
Health Careers & Sciences Building (MHCS), 1st Floor

- Nominal fee for evaluation (\$10) and group sessions (\$5 each)

- The Wellness Club is designed for participants in Tri-C's Preventative Care Center. Participants engage in a small group setting with other participants who also experience various health and wellness related challenges.
- Students in the Occupational Therapy Assistant Program research and create group topics and activities that focus on topics commonly experienced by participants. Group topics and discussion provide education and methods for participants to apply wellness information to their daily lives.
- Another important focus of the Wellness Club and rationale for the group setting is for positive socialization and the promotion of a sense of belonging for members. The Wellness Club also provides an important opportunity for OTA students to learn about participants' lives and to gain valuable experience in conducting group type OT interventions.
- The OTA program at Tri-C, PCC staff, faculty and OTA students are grateful for your participation in this program and highly value your feedback.
- If you have any questions or concerns, please contact OTA Faculty, Jen Bradac, OT/L,LPC at Jennifer.bradac@tri-c.edu or call 216-987-4681.

Thank you.

