

Special Edition – Well-Being Committee

The purpose of this Special Edition is to introduce you to the Well-Being Committee and to new opportunities available because of their dedication. Well-being is an optimal and dynamic state that empowers individuals to reach their full potential, and in 2024, Clemson University instituted a campus-wide Well-Being Council with a mission to foster a culture of wellness. Dr. Rosanne Pruitt, Professor Emerita of Nursing, serves on the University Council. Dr. Cecil Huey, Chair of the Advisory Board, formed a Well-Being Committee for the Emeritus College last summer and appointed Dr. Pruitt and Dr. Marge Condrasky as Co-Chairs. He has consistently stressed the value of caring for one another and tasked the Well-Being Committee to create resources that elevate wellness within our community. The committee has met monthly to establish priorities and programming. Please join the committee and the college as we work together to improve well-being and create a thriving community for all!

RESOURCES WELL-BEING & ENGAGED AGING

See our new
[Resources Webpage!](#)
Don't forget to scroll!

Videos of our well-being programs will be posted here.

WELL-BEING COMMITTEE

Rosanne Pruitt, Co-Chair
Marge Condrasky, Co-Chair
Joel Greenstein
Bonnie Holiday
Debbie Jackson
Karen Kemper
Greg Mullen
Victoria Musheff

2025-2026	Well-Being Program Schedule	Well-Being Speakers
9/11/25	Introduction to Struggle Well	Greg Mullen
10/3/25	Free Flu Shot Clinic at the Emeritus College	Clemson Rural Health
10/9/25	Brain Health	Rosanne Pruitt
11/6 & 11/7	Struggle Well Workshop	Greg Mullen
11/13/25	Healthy Eating Home & Away	Marge Condrasky
12/11/25	Fall Prevention & Balance	Karen Kemper
1/8/26	Fitness	Karen Kemper
2/12/26	Heart Health	TBD
3/12/26	Medication Safety	Rosanne Pruitt
4/9/26	Your Phone & Your Health	TBD
5/14/26	Panel: Advocacy for Self	TBD

AARP OFFERS SUMMER TECH TRAINING!

AARP South Carolina is offering free online classes in June and July to boost tech skills on your phone, tablet, or computer.

<https://states.aarp.org/south-carolina/summer-tech-training>

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