

THE PENDULUM

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THE WELLNESS ISSUE

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

- World Health Organization



MENTAL HEALTH

Conquering stigmas
around Elon University
pg.18



SOCIAL HEALTH

Maintaining relationships,
fighting peer pressures
pg. 3



OPINIONS

Staying in shape with
meal plans, academics
pg.10



PHYSICAL HEALTH

Options for exercise,
fitness around campus
pg.13

