

S.P.I.S.E. - Spiritual

<p>Spiritual</p> <p>FULFILLING AND NURTURING THE SPIRITUAL NEEDS FELT ON A PERSONAL LEVEL BY EACH INDIVIDUAL</p> <ul style="list-style-type: none">• Being a member of a faith community• Meditating / Yoga• Having meaning in life• Having a sense of purpose• Believing in a higher power• Living your values & morals	<p>Spiritual</p> <p>UNMC:</p> <ul style="list-style-type: none">• Bible Study Groups• Yoga Classes• Living the Values for Excellence• Volunteer Work• Community Involvement• Healthy Mind & Body• Meditation
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