

**Welcome to Wellness!**

© 2010 lyrics David Roth

music: Dance of the Hours by Ponchielli

Hello Brandon, hello Bronson  
I'm in Stevens Point, Wisconsin  
On a campus, at a college  
Here to gain some handy useful wellness knowledge

I am staying in a dorm room  
It's a very, very warm room  
Except for Baldwin, air conditioned  
That's the place I should have requisitioned!

Save me please, my dorm room doesn't have TV  
I'm going through withdrawal from  
The news, the Bachelorette, the View,  
And Donald Trump

And tofu, they serve it every meal, they do  
The very thought it gives me chills  
I always thought you used that stuff  
To wipe up spills

I got up for meditation  
But forgot my medication  
So I hit the cafeteria  
I think they moved it to the south side of Siberia

I'm not complaining, I'm really grateful  
Cuz the schedule's quite a plateful  
Many options, many classes  
Anybody got a pair of reading glasses?

Thank you, Pro-gramming Committee  
You brought us from many cities  
World class speakers throwing zingers  
Not to mention old folk singers

No phone calls, no rat race and no  
Shopping malls  
I'm training for the big Five K  
I'm gonna run that darn thing if it takes all day

So get ready for the action  
And amazing satisfaction  
Wet your palette, try a new thing  
Come and join our instant choir where we all sing

We're so lucky we're together  
I count my blessings, I'll count forever  
I know my wellness will extend here  
I'm getting stronger every moment that I spend here