



ADVISE THE ADVISOR SERIES:

Understanding the Wellness Needs of Students

Tuesday, April 8, 2014

SB 146

12:05 p.m. – 12:50 p.m.

Presented by:

Ashley Humeniuk, Health Promotion Coordinator in the SU Wellness Centre

Do you know what the most common health concerns of U of C students are? Results from the National College Health Assessment (conducted in January 2013) of University of Calgary students indicate that these include:

- General health and safety
- Alcohol, tobacco and drugs
 - Sexual health
- Physical health (e.g., nutrition, physical activity)
 - Mental health
 - Academic impacts

Join us for a workshop exploring results of the survey, key statistics trends, perceptions and health behaviours of our students. You will also have the chance to learn about what the Wellness Centre is doing to help create a healthy campus community.

To reserve your spot, please rsvp with the subject title “Apr 8 – Wellness Needs of Students”

ucanteam@ucalgary.ca by Friday, April 4, 2014

Please feel free to bring your lunch.

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