



WHAT'S ON IN JANUARY?

JAN 7

WINTER ORIENTATION

VARI HALL ROUTUNDA, 1 PM - 3:30 PM

WE WILL BE TABLING AT WINTER ORIENTATION WITH OUR NUTRITION AND HEALTHY EATING RESOURCES

JAN 15, 29

MENTAL HEALTH 101

JAN 15 2:30, 6 PM | JAN 29 4:30 PM

STUDENTS WILL BE TRAINED TO RECOGNIZE AND RESPOND TO PEERS EXPERIENCING POOR MENTAL HEALTH. ATTENDEES WILL RECEIVE A CERTIFICATE UPON COMPLETION

JAN 16

LASSONDE NUTRITION AND SLEEP

LASSONDE LOBBY | 1:30 PM - 2:30 PM

WE WILL BE TABLING IN THE LASSONDE LOBBY WITH RESOURCES ON HEALTH EATING AND SLEEP HYGIENE

JAN 21 - 23

BLOOD DONOR CLINICS

CIBC HALL IN ACE

CONTRIBUTE TO THE GIFT OF LIFE BY PARTICIPATING IN ONE OF THE BLOOD DONATION CLINICS ON CAMPUS

@studentlifeyu

