Your Local Wellness Advisor (LWA) is a mental health professional in your faculty who is here to promote well-being and help students connect to resources on and off campus.

**WELLNESS 101**

- Local Wellness Advisor: understand my role
- Explore different dimensions of wellness
- Identify your strengths/needs
- Learn what action you can take
- Begin to create your own wellness plan

Drop in to one of the sessions below to meet your LWA and talk wellness!

**When:**
- FEB 22 - 10 am - 11 am
- MAR 1 - 1 pm - 2 pm
- MAR 8 - 4 pm - 5 pm
- MAR 15, 22 & 29 - 10 am - 11 am
- APR 5 & 12 - 1 pm - 2 pm

**Where:**
- ARTS 160