New Year, New You - Your Journey to Wellness

Justin-Claude Dumont, EFAP
Date: Wednesday, January 17
Location: ED South, Room 262

Many of us use the beginning of a new year to renew our commitment to living a healthier lifestyle, but how often are these resolutions kept? This session will examine what wellness means and provides simple steps to help participants set their own health goals and keep them on track for achieving their personal definitions of wellness.

Pronouns 101

Shay Lewis & Hannah Wiley, The Landing
Date: Tuesday, January 23
Location: ED North, Room 2-101

An introduction on what pronouns are, why they matter, and how to use them. Pronouns play a large part of everyone’s identity and respecting pronouns improves the health and wellbeing of all individuals.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.ualberta.ca. For information about the Lunch & Learn program, contact our office at org.health@ualberta.ca.