

**DO YOU HAVE UNACHIEVED  
WELLNESS GOALS?**

**A PEER WELLNESS COACH  
CAN HELP!**



### **Peer Wellness Coaching**

Work 1-1 with a Peer Wellness Coach to:

- Build a tailored wellness vision and plan.
- Keep on track with follow-up sessions to review your progress and set new goals.

### **Peer-Led Wellness Groups**

Explore different wellness topics, strategies, and resources with your peers. New topics offered weekly throughout the semester.

**Learn more: [bit.ly/PeerWellnessServices](https://bit.ly/PeerWellnessServices)**

**Questions: [wellness@humber.ca](mailto:wellness@humber.ca)**



**Peer  
Wellness  
Services**