



McLAUGHLIN COLLEGE

As part of our popular Lunch Talk series McLaughlin College Proudly Presents:

Well-being: the Key to Student Success

Presented by:

Shaila Khan



This lecture and part workshop provides a high-level overview and emphasis of the importance of making well-being a high priority and how it relates to physical health, mental health and student success. An overview of campus supports, services, tips and resources are provided with encouragement to take a proactive approach to become familiar with and to access supports needed. Students will understand how wellness plays into their personal success, whether that is securing better grades or accessing new opportunities to build their career during their time at York.

SHAILA KHAN is a Health Educator and Training Specialist. She works in Student Success Strategies, York University.

EVERYONE IS WELCOME

TUESDAY, OCTOBER 8, 2019
12PM – 1:00 PM

SENIOR COMMON ROOM
140 McLAUGHLIN COLLEGE

LIGHT REFRESHMENTS PROVIDED

For further information, please contact Vicky Carnevale at 416-736-5128 or vcarneva@yorku.ca