



OCTOBER 21

Compassion Fatigue

Angela Heeley, Mental Health Promotion and Education Coordinator, CMHA Waterloo Wellington Dufferin Branch

NOVEMBER 11

Studying Smarter for the DVM

Jason Dodd, Science Learning Specialist & Co-ordinator

NOVEMBER 25

Sleeping for Success

Kathy Somers, Student Health Services

DECEMBER 9

Everyday Mindfulness

Dr. Parmjit Singh, Assistant Clinical Professor, Department of Family Medicine, McMaster University

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Wellness Wednesdays Lunch Talks Find us in OVC 1714

12:30 PM - 1:20 PM
Lunch will be provided

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For more information please email
Elizabeth Lowenger, Manager, Student Affairs: lowenger@uoguelph.ca