

# Wellness Peer Programs On Campus



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

**HEALTH &  
WELLNESS**  
CENTRE

# Hello...We are Zainab and Maurielle





# Wellness Peer Program Teams



# Partnerships

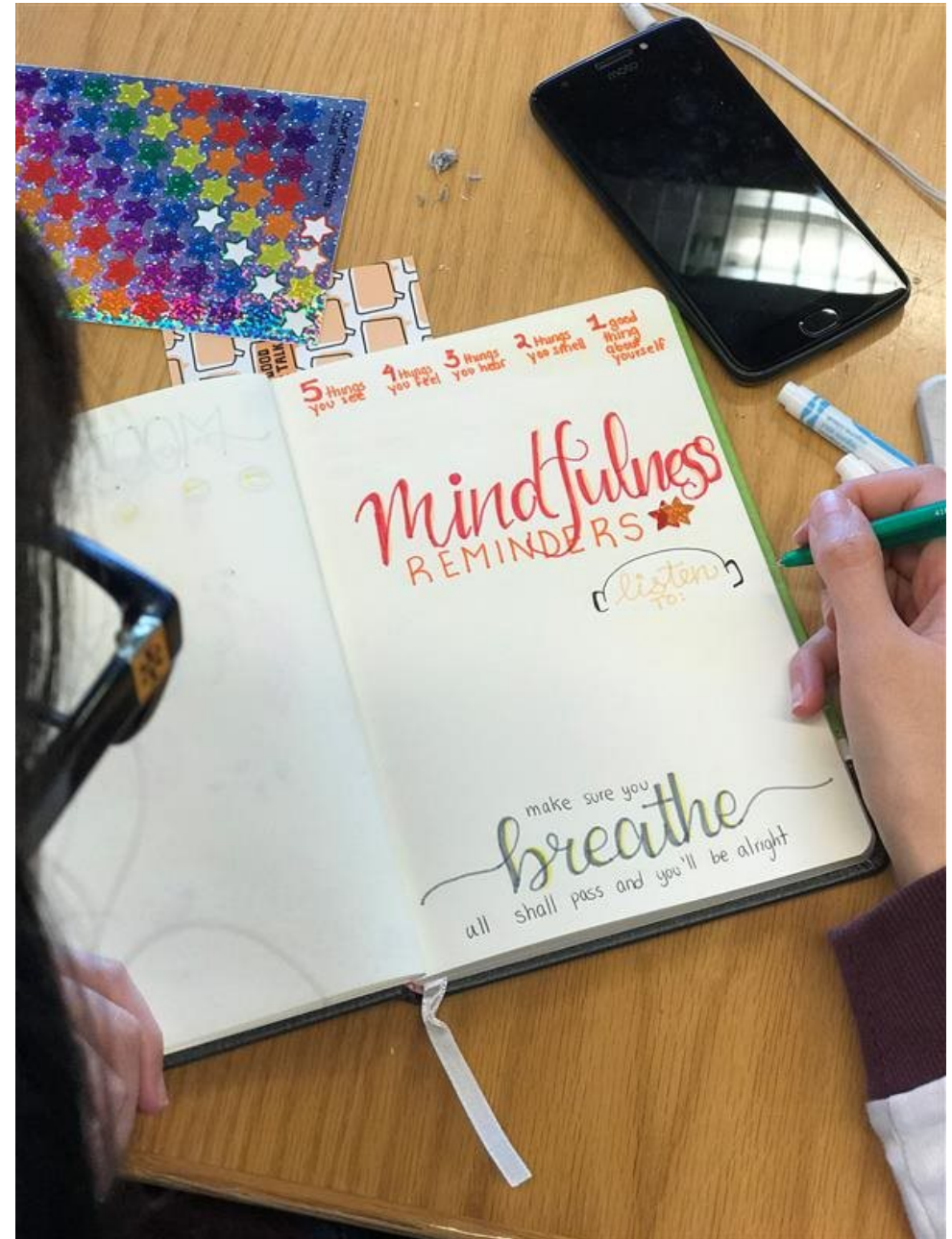
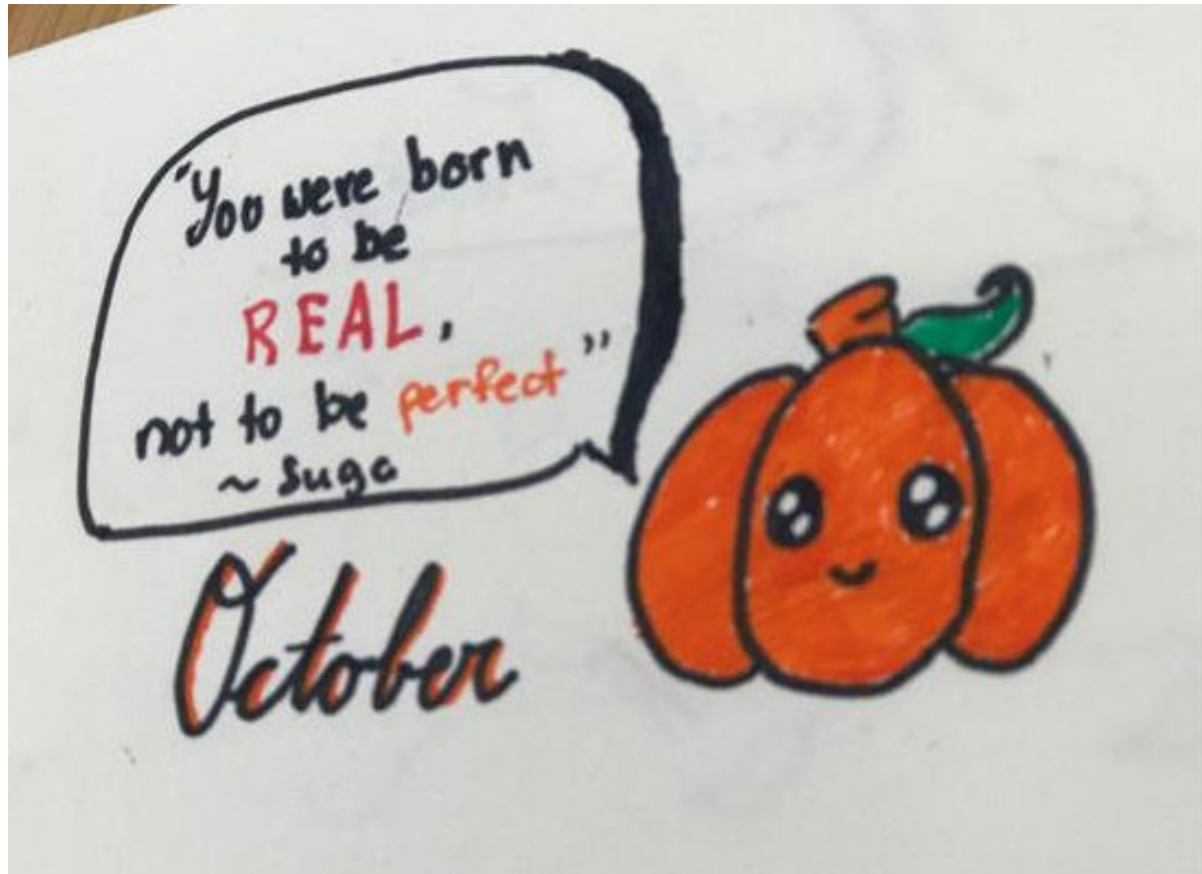
“Alone we can do so little; together we can do so much.” – Helen Keller



# Blue Monday



# Creative Bullet Journaling





# Early Detection Diabetes Prevention



## Early Detection Diabetes Clinic

### DID YOU KNOW?

People living in Canada and of South Asian origin are three-to-four times more likely to develop Type 2 diabetes than the general population. Find out why!  
[uoft.me/utscearlydetectiondiabetes](http://uoft.me/utscearlydetectiondiabetes)

### BOOK TODAY! PARTNERS

January 30, 2020  
10 a.m. - 1 p.m.  
Meeting Place



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RECREATION

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# Drink Smart





# Building Community Capacity

"There is no power for change greater than a community discovering what it cares about." – Margaret J. Wheatley

# Fairs





# Outreach





# Building Connections





# Visit us at our Upcoming Event:



March is  
Nutrition Month!

Learn about healthy eating,  
vegetarianism, diet and exercise  
and much, much more!

**5** **MAR** MEETING PLACE  
**2020** 12-2PM



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A UNIVERSITY OF TORONTO SCARBOROUGH  
**HEALTHY CAMPUS**  
INITIATIVE

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# Thank you



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