Develop "Atomic Habits" for Success
Fall 2019

WELLNESS GROUPS
One-time and multi-session groups for students, led by professional healthcare providers.

*Can attend any single session or for maximum benefit, attend all 6.

To register: queensu.ca/studentwellness

Thursday 3:00pm-4:30pm
JDUC room 135

• Understand how habits are formed.
• Learn key strategies to keep good habits going.
• Learn to manage your cravings and avoid returning to your unhelpful old habits.
• Learn to use technology in your favour.