Happy New Year, Welcome Back!

Welcome back, Mustangs! We hope you all had an amazing and restful holiday break. As you return to campus and dive into the second half of the term, Heads East at Western Wellness has a range of health and wellness supports to help you throughout your academic year.

**Welcome to Heads East Events on Campus**

With your peers, facilitated by more info and to find support and custom nutrition plans are available. Learn more at health.uwo.ca offers 1:1 nutrition counselling through your student health plan? specialized diets. Meal planning, disease, sports nutrition, and hormonal conditions, chronic conditions including general... Western Heads East.

**IMPORTANT DATES**

**WESTERN WELLNESS UNDERGRADUATE Panel**

January 18 with 'Your Guide to Belonging and Empowerment, foster connection, self-identity, and custom nutrition plans are also available. Learn more at health.uwo.ca offers 1:1 nutrition counselling through your student health plan? specialized diets. Meal planning, disease, sports nutrition, and hormonal conditions, chronic conditions including general

**Your Bi-Weekly Student Newsletter | Jan 8, 2024**

**Events on Campus**

**Campus Life**

**What's Up Western**

**SUCCESSFUL SEASON**

**IN ABDENTIA**

**In-Person Classes**

**Online Classes OR**

**Provide Feedback Here!**

**Have feedback about What's Up Western? Email us at**

**Follow us on social**