



McLAUGHLIN COLLEGE

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

“TAKING CARE OF YOU”

Presented by:

Leah State



Description: True or False?

60% of York students don't drink, 75% of York students have felt overwhelmed in the past 12 months and only 10% are eating well.

Curious to know the answers? So were we!

In the Spring of 2013, York University participated in the National College Health Assessment (NCHA), a national research effort organized by the American College Health Association to assist universities in collecting data about their students' habits, behaviours, and perceptions, on a range of topics including alcohol use, sexual health, nutrition, mental health, injury prevention and personal safety.

This lunch talk will engage participants in exploring the idea of self-care and how it can be incorporated into the life of a busy student on the go! It will also explore the perceptions we all have about what we think our fellow students are doing, and the reality of what they actually are doing. To close, it will highlight some of the initiatives the university is taking to support the health of York students.

Leah State is the Coordinator of Health Education and Promotion at York University. Her work focuses on collaborating with campus stakeholders to make York a healthier place to live, work, and learn. She is currently the co-chair of York's Mental Health Committee, the former Chair of the Health Promotion Section of the Ontario University and College Health Association, and a founding member of the Toronto Association of Health Promotion in Higher Education. She received a Bachelor of Health Studies with a specialization in health policy from York University and is currently continuing her studies at York in the School of Social Work.

EVERYONE WELCOME

**WEDNESDAY, SEPTEMBER 13, 2017
12:00 PM – 1:30 PM**

**SENIOR COMMON ROOM
140 McLAUGHLIN COLLEGE**

LIGHT REFRESHMENTS PROVIDED

For further information, please contact Vicky Carnevale
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