Contact: Jason Pontius

STUDENT WELLNESS SERVICES PRESENTATION

The presentation will provide a brief overview of the University of Northern Iowa's Student Wellness Services and how it promotes student health and wellness on campus through collaborative, student-centered programs involving stress management, mindfulness/relaxation, sleep, safer sex, alcohol and other drug education, and wellness coaching.

- **Allyson Rafanello**, Assistant Vice President and Dean of Students, University of Northern Iowa