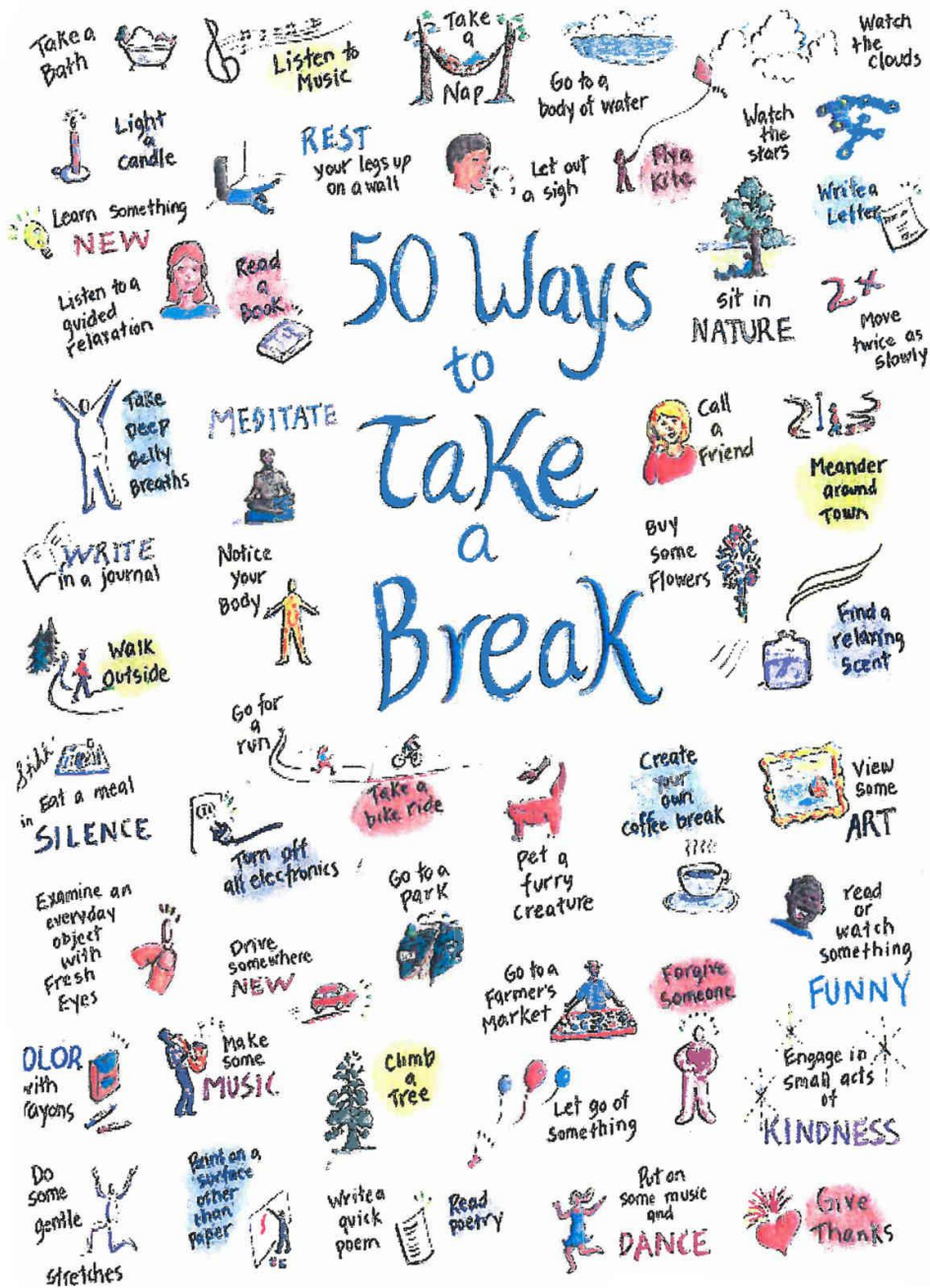


# WINTER ORIENTATION 2019



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# TAKE A BODY BREAK!

- Insert a short break every hour or half hour of studying
- Helps maintain productivity
- Offers you a chance to stretch
- Allows you to focus and concentrate
- Creates a sense of progress

*Learning Skills Services*



# Succeeding in SHPM: Welcome from the Undergraduate Program Director



# Tips from Upper Year SHPM Students



**We want to hear from you!**

# **SHPM QUESTIONS AND ANSWERS !**



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# Extra Prizing!!!

**UP NEXT...**

# **CAMPUS FAIR AND TOURS AT VARI HALL**

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