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Student leaders launch Laurier Wellness Hub

WATERLOO – Wilfrid Laurier University is launching a new Wellness Hub Thursday, Oct. 3 at 6:15 p.m., during the “Love My Life: A Walk for Mental Health” (LML: WALK) in the Quad on Laurier’s Waterloo campus.

The Laurier Wellness Hub is a student-run Facebook page designed to provide Laurier students, staff and faculty with a peer-driven safe space to increase student awareness around wellness initiatives, resources and events, both on campus and in the greater community. The Laurier Wellness Hub was created by Wilfrid Laurier University’s Students’ Union, Graduate Students’ Association (GSA) and Mental Health Education Group, with support from the Student Affairs office.

“Mental health issues are on the rise in post-secondary student populations, and the Laurier Wellness Hub seeks to build wellness into Laurier discourse, positively contributing to the cultural shift of supporting the wellbeing of all within the Laurier community,” said Ashley Coleman, president of the GSA.

The page is will be introduced to the community during the LML: WALK on Thursday, which takes place from noon until midnight and will provide participants with fun activities and tools for enhancing their wellbeing. Throughout the walk, students will share their stories about what helps them “love their life” despite the challenges they have faced with mental illness. Guest speaker Drew Dudley, founder of Nuance Leadership Inc., will speak candidly about his own experience and successes at 5:15 p.m.

Students, staff, faculty and community members are welcome to attend this free event and walk as long as they can in support of mental health.

Please contact Adrienne Luft, mental health/student support team leader, at aluft@wlu.ca for further information about LML: WALK, and Coleman at president@wlugsa.ca for further information about the Laurier Wellness Hub.

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