

Involvement



Get Involved For a Better UNC and A Better You

Grow your leadership skills, your intellect and your circle of friends ? get involved to help foster health and well-being at UNC. Student Wellness offers tons of great options.

- Attend a Student Wellness or health-related [event](#) [1] on campus
- Connect with us to provide [education and outreach](#) [2] to your student group
- Join a [Peer Health Organization](#) [3]
- Register for a [workshop or training](#) [4]
- [Visit us](#) [5] for resources, a piece of fruit, or cup of coffee. On us!

Stay Connected

The **Healthy Heels** newsletter keeps you up to date with the latest events, health and wellness tips, and much more.

[Subscribe](#) [6]

Source URL: <https://studentwellness.unc.edu/involvement>

Links

[1] <https://studentwellness.unc.edu/involvement/signature-events>

[2] <https://studentwellness.unc.edu/resources/campus-education-outreach>

[3] <https://studentwellness.unc.edu/involvement/join-peer-group>

[4] <https://studentwellness.unc.edu/resources/request-help/wellness-request-form>

[5] <https://studentwellness.unc.edu/about-us/contact-us>

[6] <http://healthyheels.us11.list-manage1.com/subscribe?u=66a15d54da138bed4e436d6d0&id=3d28eee03e>