

# Wellness Ambassador Certificate Program

*Registration is open now!*

This free six-week certificate program trains SU students to be health-aware peers! Increase your health and wellness knowledge, learn about effective utilization of campus resources, and promote healthy decision-making.

All years and majors are invited to participate!

Topics covered include:

- mental health & wellness
- alcohol & other drug safety
- diversity & inclusion
- self-treatment & basic healthcare
- bystander intervention
- relationships & sexual violence

**Session 1: Thursdays from 5:15-7:15 p.m.**

**January 25 - March 1**

**Session 2: Mondays from 5:15-7:15 p.m.**

**March 19 - April 23**

For more information or to register, visit [healthpromotion.syr.edu](http://healthpromotion.syr.edu).

**Syracuse University**

Office of Health Promotion