

HOW CAN WE HELP?

Student Life Advisor Program



Ulliance
Enhancing People. Improving Schools.

HEALTHY HABITS

Counseling empowers students to build healthy habits that support well-being and academic success. It promotes balanced nutrition, physical activity, and self-care while helping students set goals, manage stress, and build resilience for lifelong wellness.



THINGS YOU AND YOUR STUDENT MIGHT LEARN:

- ✨ Building Daily Routines
- 🥦 Making Healthy Food Choices
- 🏃 Staying Active
- 🛏 Creating a Sleep Schedule
- 🧠 Managing Stress in Healthy Ways

And so much more!



800.448.8326