There are many Roads to **Wellness**. HPaW will help get you there.

**BASICS**
Brief Alcohol Screening and Intervention for College Students
Meet with a facilitator in two confidential, personalized sessions to learn how to make better alcohol-use decisions

**eCheckUp**
Receive accurate, personalized feedback about your alcohol and/or marijuana usage patterns

**eCHECKUP**

**WATCH**
Wildcats Advancing Total Campus Health
Become a peer health educator and help create a campus environment that supports healthy behaviors around alcohol, drugs, and other areas of wellness

**WORKSHOPS & TRAININGS**

**LACK OF SLEEP**

**STRESS**

**DRUG USE**

**ALCOHOL USE**

**ROAD BLOCKS**

**INDIVIDUAL CONSULTATION**

**HPaW WEBSITE**
Explore our outreach efforts, workshops and trainings, involvement opportunities, services, and additional health resources

**FIND YOUR ROUTE AT** [northwestern.edu/hpaw](http://northwestern.edu/hpaw)