welcome to YourLife... a wellness program for Northwestern faculty and staff, and their eligible family members

to learn more about YourLife and how it can benefit you, visit www.northwestern.edu/yourlife

it’s your life... live it well!
the resources you need...

...to assist you in making positive choices that support your physical, financial and emotional well-being.

in the coming months you’ll learn more about YourLife and how it can help you...

to choose well and be well!

Northwestern | WELLNESS