

Health & Wellness Blog Author:

- Select a health and wellness blog topic based on the interests of UFV students and faculty.
- Research the selected topic and write a bi-weekly blog on the selected topic, which is reviewed by a fourth year student and Cheryl Van Nes.
- Post the blog online – on the UFV Campus Rec website under the ‘Health and Wellness Blog’ tab.



Expressions of interest in all Campus Recreation volunteer leadership positions should be made to cheryl.vannes@ufv.ca.