



**Want to learn how to  
network like a pro?**



**Wondering if listening  
to music can help  
your grades?**



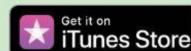
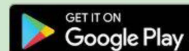
**And...is coconut water  
actually healthy?**

At *CampusWell*, we believe that the health and wellness of our students is the foundation for academic and life-long success. Every week, we publish brand new content with the latest science-driven research on how to be happy, healthy, and prosperous. Learning to live well—mentally, physically, financially, and socially—is one lesson that will stay with you long after graduation.

**Our features provide students with evidence-based approaches to:**

- managing stress
- sleeping well
- academic life
- eating healthy
- working out
- mindfulness
- sexual assault
- maintaining relationships
- ...and so much more!

**Find us online or download  
the *CampusWell* app!**



@ECCStudentHealth



@campuswell

