Visit site and take the self-assessment
Set a health goal
Explore the website for health resources
Look for the Wellness Wheel icon on campus marketing
Attend a wellness event and earn your wellness badge in YOUR PATH

Ready to Thrive at NAU?
Live Well NAU is here for you!

1. Visit site and take the self-assessment
2. Set a health goal
3. Explore the website for health resources
4. Look for the Wellness Wheel icon on campus marketing
5. Attend a wellness event and earn your wellness badge in YOUR PATH

nau.edu/livewell
What is Live Well NAU?
• A framework based on the 8 dimensions of wellness
• The goal is to help the NAU community manage their health and wellness
• The 8 dimensions include:
  • occupational
  • physical
  • emotional
  • social
  • environmental
  • spiritual
  • financial
  • intellectual
• The Healthy Campus Coalition has created Live Well to give everyone in our community access to these essential resources.

What’s next?
• We’re asking for your help to spread the word about this resource!
• For any organization or department that wants to use the Live Well model, please show your support by using the Live Well icons on flyers and digital marketing.
• For those groups that have a website, we also have details of how you can show your commitment to wellness by displaying the icon!

What else?
• We’re all in this together!
• If you see anything we’ve missed or areas that we can improve upon, please let us know.
• Contact the Healthy Campus Coalition at Livewell@nau.edu.