



Hello!

My name is Libby Arbour, your Health and Wellness Navigator!

Did you know that as part of your benefits, you can reach out to me at any time regarding any health and wellness topics? I have an abundance of evidence-based resources to share with you, and if I don't have what you're looking for, I'll be sure to find or create it for you.

I look forward to connecting with you and supporting you on your wellness journey!

Best in Health,
Libby

How I Can Help:

Individualized Services

- One-on-one meetings
- Connection to employee benefits
- Connections to resources in the employee's community
- Evidence-based research on topics of interest

Department-Level Initiatives

- Wellness calendars with bi-monthly wellness topics
- Lunch and learns on health and wellness topics of interest
- Development of customized health and wellness resources
- Assistance with health and wellness interest surveys

Connect with me!

Contact Information:

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Office Hours:

Monday - Friday
8:00am to 4:30pm