



# Build a strong foundation for the future!

## FOUNDATIONS

**Mondays from 7-8 p.m., starting Sept. 11  
114 Hall of Languages**

### **SIX TOPICS IN SIX ONE-HOUR SESSIONS:**

leadership, career development, physical health and nutrition, community involvement, financial wellness, healthy relationships and self-care

### **PARTICIPATING OFFICES INCLUDE:**

Athletics, Career Services, the Office of Financial Literacy, the Office of Engagement Programs and the Office of Health Promotion

**Questions?** Contact Tracy Tillapaugh at [ttillapa@syr.edu](mailto:ttillapa@syr.edu)

***Attend all six sessions and you could win a \$1,000 scholarship!***

**Syracuse University**

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Learn about

6

essential areas in

6

one-hour sessions



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career development

**physical health and nutrition**

community involvement

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