



DO GOOD. FEEL GOOD.

It became clear after Lauzon and colleague Jo Wharf-Higgins studied the impact of EPHE 142 on the wellness practices and health concerns of UVic students.

Lauzon at the UVic Student Society Food Bank, with student volunteers Laura Janssen (centre) and Ashley Stewart. PHOTO: DIANA NETHERCOTT.

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BY KIM WESTAD

Dr. Lara Lauzon's office looks like that of many a hard-working professor—jammed with books, thank-you cards on the window sill and final exams stacked in piles.

And then there are the boxes of food. These are not so typical, but the other non-perishables are evidence of students having taken the lesson of “giving back”—a key component in a unique course taught by Lauzon.

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