

# Improving student well-being: behavioural risks, active lifestyles and addressing mental health 7<sup>th</sup> November 2016

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Please be advised that speakers' PowerPoint presentations are included within the transcript itself, just beneath the relevant speaker's text. Please note that not all speakers are able to grant permission for us to include their slides.

## About this Publication

This publication reflects proceedings at the Westminster Higher Education Forum Keynote Seminar: Improving student well-being: behavioural risks, active lifestyles and addressing mental health held on 7<sup>th</sup> November 2016. The views expressed in the articles are those of the named authors, not those of the Forum or the sponsors, apart from their own articles.

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