

## President's Message

Dear Colleagues,

As you read this edition, we will be in full swing of the holiday season and nearing the end of the fall term. I hope you can take a few minutes to read some of our terrific articles, to help guide you and your wellness efforts as you move into 2019.

The BHAC Journal now has four editions under its belt. We couldn't do this without you. We have a dedicated editor in chief, a hard working editorial board, experts writing and contributing their work to inform best practices, and you, the reader, who we hope translates the research into practice. It is so important for our field to take research and replicate it in our "real world settings" so we may continue to move academic health and wellness and the field of health promotion forward, built on the methods and outcomes the authors are sharing with us through their work. It is critical for us to all to continue to learn from each other, identifying where more work needs to be done, and celebrating the efforts that are producing positive effects.

I hope to see you at the 2019 BHAC Summit scheduled for April 30-May 1, 2019 at Ohio State University. It will be a great event filled with learning, listening and networking opportunities. The Summit as well as the BHAC Journal are important ways for us to share our programs, outcomes and key topics with each other.

Sincerely,

Megan Amaya, PhD, CHES, AFAA

Director of Health Promotion & Wellness

Assistant Professor of Clinical Nursing

President, National Consortium for Building Healthy Academic Communities

