

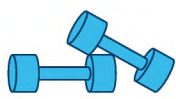


# INVOLVEMENT IS KEY



@UMW\_WELLNESS

## KEY EVENTS THIS MONTH



- 9/19: Sunset Meditation, 7:30pm, HCC Garden
- 9/22: Beginner Night @ The Gym, 8pm, UMW Gym



- 9/24: National Voter Registration Day, 11am, Ball Circle
- 9/28: Into the Streets, 9am, UC Patio



- 10/1: through 31st: Mary Wash Moves Fac/Staff Walking Challenge
- 10/9: Break the Cycle of Gender-Based Violence, Free Cycle Class, 6pm, UMW Fitness Center Cycle Studio

## KEYS TO ACADEMIC SUCCESS



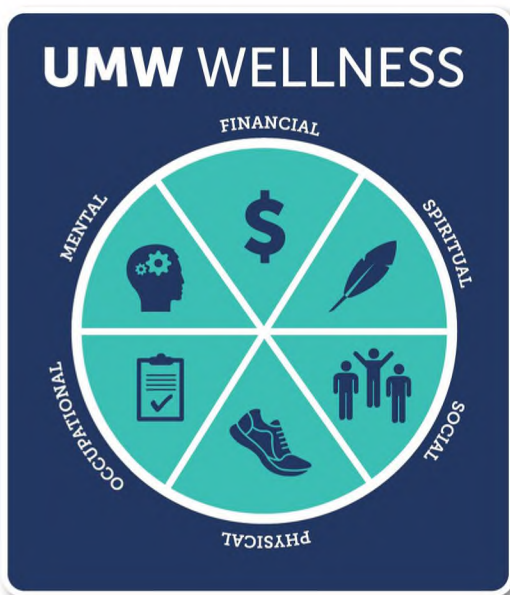
- Go to class as often as possible. Save absences for emergencies!
- Communicate with faculty: Utilize your professor's office hours.
- Strengthen your skills! Use support services on campus:



- - Digital Knowledge Center
- - Tutoring with Peer Academic Consultants
- - Writing Center
- - Speaking Center



## WHAT IS THE WELLNESS PASSPORT?



- Incentivized wellness initiative to teach students about UMW's dimensions of wellness.
- Students earn six wellness dimension stickers at select events on campus.
- Events are posted on the UMW\_Wellness social media sites each week. First-year students may also hear about them from their FSEM professor and peer mentor.
- Complete the Wellness "base sticker" to be entered for a chance to win a variety of UMW swag like a branded yoga mat, shirt, and more!