

## The Wash Post

### Volume 10: September and October 2019

- Involvement is Key.
- Key Events This Month:
  - Thursday, September 19<sup>th</sup>: Sunset Meditation at 7:30pm at the HCC Garden.
  - Sunday, September 22<sup>nd</sup>: Beginner Night event at 8pm at the UMW Gym.
  - Tuesday, September 24<sup>th</sup>: National Voter Registration Day at 11am on Ball Circle.
  - Saturday, September 28<sup>th</sup>: Into the Streets event at 9am at the UC Patio.
  - October 1<sup>st</sup> through 31<sup>st</sup>: Mary Wash Moves Faculty and Staff Walking Challenge.
  - Wednesday, October 9<sup>th</sup>: Break the Cycle of Gender-Based Violence Free Cycle Class at 6pm at the UMW Gym Cycle Studio.
- Keys to Academic Success.
  - Go to class. 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!
- Follow UMW\_Wellness on Instagram!
- Created and posted by the President's Council on Wellness, students, and staff from UMW student affairs.