

# February 2021 Wellness Newsletter

Brought to you by the WELL Committee

## Updates & News:

- The WELL Committee met with Perspectives this month and was able to get many of your questions answered. Find some answers to [FAQs linked here](#).
- The WELL Committee is working on supporting in-person, on-campus events for students once it's deemed safe from a public health perspective. Updates will be sent when available.
- University Wellness Center Dietician Services: Call 773-508-8883 to make an appointment.
- For info on counseling groups sponsored by the University Wellness Center, please visit: <https://www.luc.edu/wellness/mentalhealth/groupcounseling/wellnesscentergroups/>

## Upcoming Events:

- Perspectives Town Hall: early March in collaboration with nursing/pub health school (date TBA)
- Systemic Disempowerment and Impact on Physicians - Feb 10th at 7pm
- Authentic Excellence with Dr. Kelly Crace, Monday March 15th at 4:30pm. Register [here](#)
- SWAG Coffee and Clarity: Mondays at 6 pm. Zoom link [here](#). Password: wellness!
- Ministry's weekly Guided Meditation: Tuesdays at 7:30 am on [Zoom](#).
- Wellness Center Mindfulness Meditation: Mondays from 4-5 pm <https://bit.ly/MindfulMonLUC>
- Wellness Center Meditation Fridays 10-11 am (open to med students, even though it says faculty/staff): <https://www.luc.edu/fcip/programs/meditationfridays/>
- Info about Ash Wednesday Services: <https://hsd.luc.edu/ministry/faithandspirituality/liturgies/>
- M1: Exploring Your Emotions of Money- Feb 8<sup>th</sup> 12:30 PM ; [ZOOM LINK](#)
- M4: Senior Exit Session- Feb 17<sup>th</sup> 10:00 AM; [ZOOM LINK](#)
- M2: Credit! What You Need to Know!- Feb 18<sup>th</sup> 3:30 PM; [ZOOM LINK](#)

**Have a wellness event to add to the calendar?** Add it [here](#) and tag Stritch Wellness!

## Ways you can ALWAYS Connect with Faculty and Resources when needed:

**Perspectives Counseling Services:** User ID: LUC500; PW: "perspectives" (no quotes) OR call 1-800-456-6327

**SSOM Wellness [Website](#)**

**[Student Affairs](#)**

**[Ministry](#)**

**[Academic Center for Excellence & Accessibility \(ACE\)](#)**

**[Office of Diversity, Equity, & Inclusion](#)**

**[Financial Aid](#)**

## WELL Committee Members:

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**Student Members:**

Julia Versel (M1)

Aquilla Chase (M2)

Ariel Sherman (M3)

Philip Ghobrial (M4)

**Have ideas or feedback for us? Fill out this [FORM](#).**