WELCOME TO: THE SQUIRREL

HELLO HELOOOOO
Welcome to the Wellness Center Newsletter (aahhh!). We created this monthly newsletter (we promise you we won’t spam your inbox) to keep Oles updated about WC events, programs, and cool ~wellness~ related resources!
"I signed up but idk who you really are..."

The Peer Educators of the Wellness Center, yours truly, are a group of current St. Olaf students who serve as a resource to promote awareness and education on topics related to healthy lifestyles.

We're composed of 4 dream teams: the physical health, sexual health, mental health, and alcohol & other drugs team. Though we also cover topics related to: social, spiritual, emotional, financial, and intellectual health.

"Is there a Wellness Center Office?"

Yes!!! We are located in Buntrock 112 (next to the OSA and in-front of the Taylor Center). The Wellness Center is staffed with peer educators who present monthly programs for the student body and are available to talk with students one-on-one during office hours. Note: we are not a confidential resource on campus.

**HOURS:**
- Monday-Thursday: 1:00-8:00pm
- Friday: 10:00am-2:00pm
- Sunday: 2:00-4:00pm
"Did someone say FREE?!"

YEAH, WE SURE DID. Stop on by for...

- Chapstick
- Sexual health supplies
- Sleep hygiene supplies
- Menstrual supplies
- Educational brochures
- Coloring pages
- & MORE!
Monthly Feature: Jenny Ortiz
Our NEW (woohoo!) Assistant Director for Wellness and Health Promotions

What is your role?
I oversee the Wellness Center and Peer Educators! Using a prevention lens, I also support student groups, events, and programs related to our 9 aspects of wellness.

**What are you most excited about in this new role?**
I am excited to work with students to expand their knowledge of effective health messaging, health information, and recommendations from empirical research. I hope to build upon the resources offered by the Wellness Center and to also be a resource for all students, staff, and faculty in best practices related to help-seeking, prevention, and the promotion of health in higher education.

**What is your favorite drink at the cage?**
Iced Americano before 2 pm and after that Italian soda with a single pump of raspberry flavor (once upon a time I was barista so my tastes are selective).

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**Monthly Events**
Each month peer educators host events on an array of health topics. Find one or two that sounds good to you, mark it on your calendar, and bring a friend!

**Check out our cool events for this month!**

Stay tuned for more fun emails to come...

Peace & Love,
*The easy, breezy, beautiful Wellness Center Squirrel*