

Welcome to the first edition of NEOMED's

STUDENT WELLNESS NEWS



WHAT IS N8?

It's NEOMED's 8 dimensions of wellness! Just say "Nate," which also happens to be our NEOMED mascot! Whenever you see this logo, look for student wellness programs, education, activities, and information to help you on your journey to being a WELL-WHALE!



Life Skills 4 Wellness 2023-24 SERIES:

Sponsored by Student Wellness/Student Services
Location: *Olson Auditorium*



SOCIAL WELLNESS: FRIDAY FUN LUNCHES

Every Friday starting September 1, Noon - 1 p.m.
NEW Center Jay A. Gershen Atrium



PHYSICAL WELLNESS: Mind and Body Benefits of Yoga - Rest and Reset with Vin Yin Yoga

Wednesday, August 30, Noon - 1 p.m.
Jessica Russell, Certified Yoga Instructor



OCCUPATIONAL WELLNESS: Building a Strong CV

Wednesday, September 27, Noon - 1 p.m.
Brian Harrell, Writing Center Specialist



FINANCIAL WELLNESS: Making "Cents" of your Finances

Wednesday, October 25, Noon - 1 p.m.
Michael Kempe and Daniel Miller, Financial Aid



INTELLECTUAL WELLNESS: Setting SMART Goals to Get Things Done

Wednesday, November 29, 2023, Noon - 1 p.m.
Heidi Der and Dyann Whaley, Learning Center



PHYSICAL WELLNESS: Fitting in Fitness

Wednesday, January 24, Noon - 1 p.m.
Maureen Laubacher, Sequoia Wellness Coordinator



EMOTIONAL WELLNESS: Building Resiliency and Grit

Wednesday, February 21, Noon - 1 p.m.
Jackie Boyle, Pharm.D. ('12), COP Office of Student Success, Assistant Dean of Students



Your KEY to Wellness

Start recognizing these 8 wellness icons next time you see a WELLNESS- event promotion. The icons displayed on the promo will tell you which dimensions of wellness the event will address.



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



INTELLECTUAL



SOCIAL



EMOTIONAL



SPIRITUAL



PHYSICAL



Visit the Student Wellness WEBSITE to get more opportunities for improving your wellness!

NEOMED is creating a new STUDENT GAMEROOM for YOU!

Tell us what you want to see in the gaming lounge. Complete this survey by September 22!



It's Coming!

WOW: WEEK OF WELLNESS

Sept 25-29

Monday, September 25

NEOMED Pop-Up Pantry: 12-1pm, Behind the NEOMED Library Depository.

Free Chair Massages (10 minutes of relaxation): 11am-1pm, Watanakunakorn Atrium.
[Schedule your appointment online](#)

Tuesday, September 26

Tuesday Trot & Treat: 12:15-12:55pm, Trot the Campus Loop, depart from Sequoia and finish with an Ice Cream Treat. [Learn More](#)

Improving Your Family Relationships: Andrew Wilcoxson, NEOMED counselor, 1-1:30pm NEW Center #2016. Learn how to reduce the stress of visits home w/your family.

Wednesday, September 27

Life Skills 4 Wellness: *Building a Strong CV* with Writing Center Specialist Brian Harrell: noon-1pm, Olson Aud. Free Wellness T-shirt to the first 10 who attend! [RSVP Online](#)

More Chair Massages (10 minutes of relaxation): Noon-2pm, Watanakunakorn Atrium. [Schedule your appointment online](#)

Cooking Class with Chef Rodney: Hands-on chance for you to get into the NEOMED kitchen and prepare dishes you'll also get to eat: 2-4 pm, NEW Center Kitchen (meet outside of the Ballroom). Limited Space! [Reserve your spot today!](#)

Student vs Employee Kick-Ball Challenge: 4:30pm, Langell Field
[Register Online to Compete](#). And come watch the fun as well!

Thursday, September 28

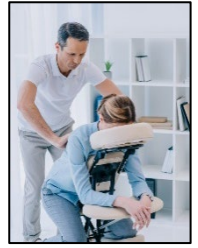
Meet Lucy, the Therapy Dog, 1-3pm, Watanakunakorn Atrium

WOW Movie Night featuring "Barbie": 6-8pm, Watanakunakorn Aud.
Free movie and popcorn. [Register online.](#)

Friday, September 29

Friday Fun Lunch: Noon-1pm, Gershen Atrium. Bring your lunch and play some boardgames with classmates and special guests!

President's Push-Up Challenge: 12:30-1pm, NEW Center Atrium
Can you beat President Langell in the push-up challenge? Sign up and start training for bragging rights and a free NEOMED HOODIE to the winner! [Register Online to Compete](#)



How to Budget Your Finances:

Track your spending.

- Keep a spending log for the first month.
- Be honest with yourself!

Make a list of expenses.

- Calculate the funds available for a month.
- Use the tracking results to categorize your spending, i.e., housing, food, gasoline, entertainment, etc.

Do the math.

- Total your expenses and calculate needs for the semester.
- If it looks like you will run out of money before the end of the semester, look for areas to cut back.

Revisit and adjust spending.

- As expenses change adjustments will need to be made.
- Mark your calendar to remember to do this!



Budgeting Apps to Try:

- **Best overall free app:** [Mint](#)
- **Best app for beginners:** [Goodbudget](#)
- **Best app for serious budgeters:** [You Need a Budget \(YNAB\)](#)

Time for a workout at Sequoia!



- Click [here](#) for the **group exercise class schedule** available to students all year.
- Click [here](#) to access the Sequoia Wellness Services interest form if you are interested in **massage services, nutrition services, or personal training!** Special student pricing is available for add-on services!
- Nominate the next Sequoia Wellness **student spotlight** to appear in the quarterly Sequoia Wellness Student Newsletter by using this [form](#).

For any questions or concerns, contact Maureen Laubacher, mlaubacher@jwp-llc.com

Need Emotional Support?

Counselors are available! Schedule a free appointment.

[Learn More Online](#)

Make an appointment: Email counseling@neomed.edu or call 330-325-6757

IMMEDIATE LIFE-THREATENING: CALL 9-911

NEOMED Police: 330.325.5911

NEOMED Security: 330.325.6489

NATIONAL CRISIS ASSISTANCE 24/7

Crisis Text Line: 741-741

National Suicide Hotline: 988

Sexual Abuse National Network: 800.656.4673



SAVE THE DATE!

NEOMED Health & Wellness Fair

January 31, 2024