

Monthly Wellness Newsletter

Brought to you by the WELL Committee

UPDATES & NEWS:

- WELL Committee Welcomes New M1 Class Rep Julia Versel.
- Feel free to contact the student rep from your class or any of the faculty/staff members of the committee with any wellness-related ideas or concerns.
- Several members of the WELL Committee will be attending the quarterly meeting with Perspectives in mid-January. We are working with Perspectives to ensure that there is adequate access to services for all students.

UPCOMING Events:

- [Coffee and Clarity Wednesdays](#) at 6:30 pm Meeting ID: 416 608 6888, Passcode: wellness!
- [Guided Meditation](#) with Ministry Tuesday, December 15th at 8:30 am
- M3 Town Hall Tuesday, January 5th at 4 pm

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:

SSOM Wellness Website: <https://ssom.luc.edu/wellness/>

Perspectives Counseling Services: <https://ssom.luc.edu/wellness/counseling/>

- <https://www.perspectivesltd.com> and enter LUC500 for your User ID and “perspectives” (without quotes) for the password OR call 1-800-456-6327

Student Affairs: <https://ssom.luc.edu/student-affairs/aboutus/meettheteam/> (staff contact info)

Ministry: <https://hsd.luc.edu/ministry/about-us/> (staff contact info)

Academic Center for Excellence & Accessibility (ACE): <https://ssom.luc.edu/ace/aboutus/> (office contact info) – tutoring, STEP prep, academic support

Office of Diversity, Equity, & Inclusion: <https://ssom.luc.edu/diversity/index.html>

Financial Aid: <https://ssom.luc.edu/finaid>

WELL Committee Members:

Monica Maalouf, MD	Catherine Jardien	John Hardt, PhD	Viviana Martinez	Saadia Rafiq
Eugene Lee, MD	Ginny McCarthy	Vera Schalansky	James Mendez, PhD	
Ramzan Shahid, MD	Tammy Patterson	Beth Sonntag	Mark Torrez	

Student Members:

Julia Versel (M1)	Aquilla Chase (M2)	Ariel Sherman (M3)	Philip Ghobrial (M4)
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Have ideas or feedback for us? Fill out this [FORM](#).