



Welcome to ISSUE 3 - December 2023 of NEOMED's

STUDENT WELLNESS NEWS

DESTRESS FEST & SUCCESS!



SAVE THE DATE!
University Health Fair
January 31,
2024



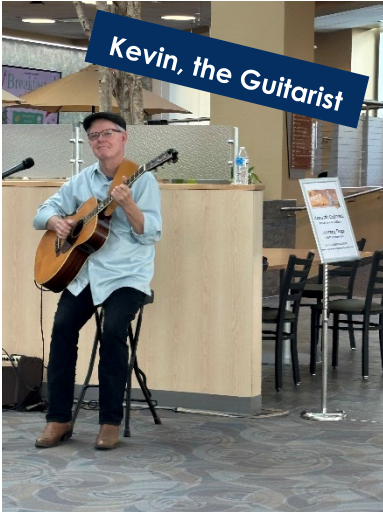
Founder's Day

THANK YOU to everyone who attended **DESTRESS FEST!**
Good luck with Exams!

Late Night Breakfast



Therapy Dogs



Kevin, the Guitarist



Cooking Class



Accomplish Your Goals!

What Are SMART Goals?

SMART is an acronym that you can use to guide your goal setting. To make sure your goals are clear and reachable, each one should be:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic and resourced, results-based).

Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

Learn More at

<https://www.mindtools.com/a4wo118/smart-goals?from=shared-link>

And Attend the next "Life Skills 4 Wellness Workshop" on SMART Goals:

Wed, Nov 19 at noon in Olson Hall

FREE LUNCH FOR THE 1st 20 STUDENTS!!

**REGISTER IN
CAMPUS GROUPS**



Register Now for the

WINTER CELEBRATION

November 30th at 4pm

Jay Gershen Atrium/NEW Center

- SMORES
- HOT PRETZELS
- HOT CHOCOLATE
- HOT CIDER
- PEPPERMINT SCHNAPP
- SPICED RUM



*Celebrate the coming holidays
and the end of the fall semester.*



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



Make Sense of Your NUTRITION!

Schedule a 1:1 appointment with the Sequoia Nutritionist and learn how to create your optimal meal plan to Support your Health and Mental Clarity!

Complete the [Sequoia Wellness Services Interest form](#) to get more information on our Nutrition programs!

FREE for 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

GOOD LUCK P4 Students

on your NAPLEX review and exam!

Wellness is providing you with a

DEDICATED WELLNESS DAY

Thursday, November 30th in Watanakunakorn Atrium.

- Enjoy Free Morning Coffee
- Lunch Buffet
- Chair Massages *register in CampusGroups



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

SPRING 2024 EVENTS! Mark Your Calendar...

WELLNESS: Life Skills 4 Wellness – Fitting in Fitness
Wednesday, January 24, 12 PM – 1 PM, Olson Auditorium

Pop-Up Pantry for the community
Monday, January 22, noon-2pm, Behind the Library Depository

Wellness/HR/Sequoia: Campus Health Fair (for students and employees)
Wednesday, January 31, 10am-3pm, NEW Center Ballroom

Aesculapius Charity Ball
Saturday, February 10, 7 PM – 11 PM, NEW Center Ballroom & Cook Hall

WELLNESS: Life Skills 4 Wellness – Building Your Resiliency & Grit
Wednesday, February 21, 12 PM – 1 PM, Olson Auditorium

AA White Coat Ceremony & Reception
Friday, February 23, 4 PM – 5:30 PM, NEW Center Ballroom

Pop-Up Pantry for the community
Monday, February 26, noon-2pm, Behind the Library Depository

NEOMED Spring Break: March 2-10

Medicine Match Day
Friday, March 15, 11am-2pm, NEW Center Ballroom (Sponsored by COM)

WELLNESS: Body & Beyond Health Fair
Saturday, March 16, 10 AM – 4 PM, Gershen Atrium & Watanakunakorn Atrium

Pop-Up Pantry for the community
Monday, March 25 and April 22, noon-2pm, Behind the Library Depository

Commencement Ball
Friday, April 26, 7-11pm, Akron Arts Museum (Graduating Students)

NEOMED Commencement Ceremony
Saturday, May 4, 9am check in, 10am processional, E.J. Thomas Hall, Akron, OH

Recreation at NEOMED

Check out the recovered **POOL TABLE** in Liebelt Hall featuring NEOMED blue!

Visit the other recreational games at NEOMED:

- **Pool Tables:** 2nd floor of NEW Center Watanakunakorn Atrium and the NEW Center Student Lounge
- **Ping Pong Table:** NEW Center Student Lounge
- **Basketball Pop-A-Shot:** NEW Center Student Lounge



Complete the
**Exceptional Student
Experience
Annual Survey**

Open from Nov 20 – Jan 2

And tell us about YOUR NEOMED
EXPERIENCE!

Look for the Email invitation.



**Visit the Student Wellness
WEBSITE to learn more
about how to improve
your wellness!**