PHOTOS

Wellbeing Fair connects students to resources

Lily Rand
Photo Editor

On Sept. 17, students explored wellness resources and enjoyed activities during the Wellbeing Fair, held on the Academic Quad. Hosted by the Wellbeing Center, the event aimed to promote health and support students throughout their college journey. The fair featured a variety of campus organizations, including Counseling Services, Health Services and Collegiate Recovery Community. Representatives from the Recreation and Fitness Center offered information on the gym, mindfulness walks and intramural sports, encouraging everyone to stay active and engaged. Students were able to pick up wellness materials, book appointments with counselors, paint rocks, learn helpful wellness facts and connect with support services on campus. One of the highlights of the afternoon was Ben & Jerry's ice cream, which drew students to participate in the event. To get ice cream or pizza, students first had to fill out a Well-being Fair passport by visiting the various tables.

Photos: Lily Rand

For more on the story look at page 3



Students lined up at check in booth to sign into the fair and gather their passports.



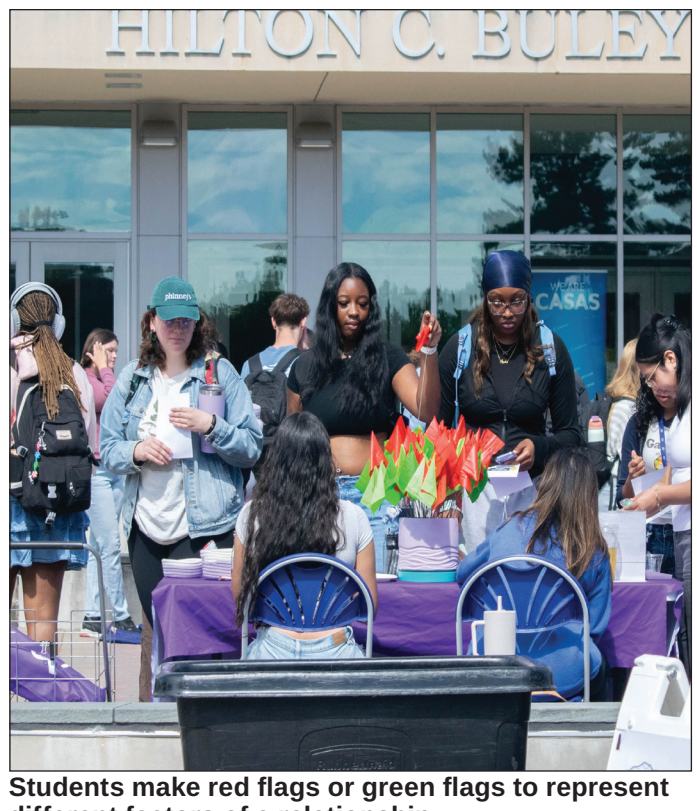
Special-elementary education collaborative major Samantha Farrelly, a junior, holding up the Wellbeing Fair passport.



Coordinator of Alcohol and Drug Services Sarah Keiser at her booth presenting information on her department.



Recreational therapy major Emily Butler, secondary education major Taylor Brunelle, political science major Lena Eifes and nursing major Caitlin Walsh, freshmen, pose for a photo at the Wellbeing Fair.



Students make red flags or green flags to represent different factors of a relationship.



One of the craft stations for mindfulness was rock painting.



Associate Dean of Counseling Services and Wellbeing Nick Pinkerton, and counselors Stephanie Perez and Michelle Lawler seated at a table offering flyers, stickers and rock painting to students.



Victoria Ibitoye, a graduate intern at the wellbeing center, and Wellbeing Specialist Erin Duff gave blue and red ticket stubs to students for ice cream or pizza.



Alexis Szymecki, a graduate intern at the Recreation and Fitness Center, hosted a plank challenge for students.



Students travel to various tables collecting information on different services around campus, getting candies and other stress-relieving tools.



To complete the wellbeing passports, students visisted different tables and participated by doing challenges.