

OHW PRESENTS

WELLNESS POP IN'S

A little bit of Wellness for your week

NEW RESOURCE: CAMPUS.HEALTH

The Claremont Colleges is offering Campus.Health – Telehealth/online medical and counseling services, to all Claremont College students – to expand and supplement services currently available at Student Health Services and MCAPS. Campus.Health makes it easy for students to get quality medical and mental health care online or from their phone, anytime they need it.

To access the 24/7 medical and mental telecare [register here](#) and use the code HMC2020. This new pilot program will be available to student until June 2020 and is accessible from any location within the United States on any smartphone or web-enabled device.

CHALLENGE OF THE WEEK:

GETTING VITAMIN D - SPEND AT LEAST 15 MINUTES IN THE SUN EVERY DAY

USE THE HASHTAG #HMCWEEKLYCHALLENGE OR POST ON THE MUDD APP TO SHARE THAT YOU'RE TAKING THE CHALLENGE AND CONNECT WITH OTHER HMC STUDENTS

An estimated 1 billion people worldwide have inadequate levels of Vitamin D in their blood, which is likely to increase during quarantine



Being deficient in Vitamin D can increase the risk of a host of chronic diseases like heart disease as well as infectious diseases like TB and the flu

When the sun's rays hit a person's skin, processes inside the tissues start making Vitamin D for the person to use. That vitamin D in turn helps the body's processes



Virtual Wellness Classes

**ALL CLASSES WILL BE HOSTED LIVE ON YOUTUBE
CLICK HERE FOR THE HMC WELLNESS CHANNEL**

MEDITATION MONDAYS WITH DEAN MICHELLE

Time: 11am

Description: Start your week off with a guided meditation practice by Dean Michelle

RSVP Link: <https://forms.gle/qTpVZ1YbYFt2FC8e7>

TUESDAY NO WEIGHTS NEEDED WORKOUT WITH DC

Time: 4pm

Description: Now is your chance to work out with DC! No weights or equipment are needed for these body weight based exercises

RSVP Link: <https://forms.gle/rGjCfC3LjsoscXtLA>

WEDNESDAY YOGA WITH DEAN MICHELLE

Time: 11am

Description: Go with the flow and join Dean Michelle for a yoga workout

RSVP Link: <https://forms.gle/cB2iVG1JqWBFomXQ7>

THURSDAY BARRE WITH LEAH

Time: 4pm

Description: Grab a chair, your desk, or something to hold on to and join Leah for a ballet based barre class

RSVP Link: <https://forms.gle/ua9DNXa4YabZeN5x9>

FRIDAY YOGA WITH DEAN MICHELLE

Time: 11am

Description: Finish off your week with a yoga class to get you stretched out and ready for your weekend

RSVP Link: <https://forms.gle/cB2iVG1JqWBFomXQ7>

RESOURCES

For more information, please visit the following links

**We are still here for you!
Schedule a Zoom support
meeting with Dean
Michelle here**

**CORONAVIRUS
INFORMATION**

**OFFICE OF HEALTH
AND WELLNESS**

**THE CLAREMONT
COLLEGES MONSOUR
COUNSELING AND
PSYCHOLOGICAL
SERVICES**