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-enables 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.

Issue 1
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/cB2iVGlJqWBfomXQ7

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/cB2iVGlJqWBfomXQ7

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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**