March 2020 Issue 1

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.

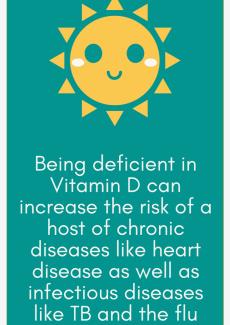
To access the 24/7 medical and mental telecare <u>register here</u> and use the code HMC2020. This new pilot program will be available to student until June 2020 and is accessible from any location within the United States on any smartphone or web-enables device.

#### **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





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 <u>HERE</u> 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: <a href="https://forms.gle/qTpVZ1YbYFt2FC8e7">https://forms.gle/qTpVZ1YbYFt2FC8e7</a>

# 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: <a href="https://forms.gle/rGjCfC3LjsoscXtLA">https://forms.gle/rGjCfC3LjsoscXtLA</a>

## WEDNESDAY YOGA WITH DEAN MICHELLE

Time: 11am

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

workout

RSVP Link: <a href="https://forms.gle/cB2iVG1JqWBFomXQ7">https://forms.gle/cB2iVG1JqWBFomXQ7</a>

### 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: <a href="https://forms.gle/ua9DNXa4YabZeN5x9">https://forms.gle/ua9DNXa4YabZeN5x9</a>

#### 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: <a href="https://forms.gle/cB2iVG1JqWBFomXQ7">https://forms.gle/cB2iVG1JqWBFomXQ7</a>

# **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