



MARCH 30 | VOL. 1

POWERFUL START TO YOUR WEEK

Health & Wellness Newsletter

Wherever you may be: Be Well. Do Well.

THIS NEWSLETTER IS INTENDED TO HELP US STAY CONNECTED AND INFORMED ON ALL THINGS HEALTH AND WELLNESS.

EACH ISSUE, LOOK OUT FOR TIPS FROM THE HEALTH & WELLNESS TEAM:

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

HEALTH SERVICES

RELIGIOUS AND SPIRITUAL LIFE

WELLNESS AND PREVENTION



VIRTUAL CONNECTIONS

Staff from Babson Health & Wellness are starting various virtual support groups. Check out the options below! You can find facilitator information and WebEx links to each group in the email sent to undergraduates on Friday, March 27, or on Instagram under @babsonwellness.

Disrupted Abroad: Mondays from 1-2 pm

Seniors: Mondays from 3-4 pm

Living On Campus: Tuesdays from 1-2 pm

At Risk/Sick: Wednesdays from 3:30-4:30 pm

Athletes: Thursdays from 3-4 pm

Survivors: Fridays from 1-2 pm

LGBTQ+: Fridays from 3-4 pm

All groups are open, drop-in, confidential and in EST.

WANT TO REQUEST A GROUP? EMAIL WELLNESS@BABSON.EDU.