

# Installments

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THE NUMBER TWO NEWS SOURCE AT WAKE

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## DEACWELL APP IS LIVE



Wake Forest's new wellbeing and fitness app!

We've worked hard to bring you an exciting new app that will simplify the way you interact with wellbeing activities on campus.

What can you use the app for?

- Learn about wellbeing resources on campus
- Register for Campus Rec events & trips
- Find the Group Fitness schedule
- Register for intra-

murlas, personal training, and small group training

- Sign up for massages, nutrition counseling, and wellbeing coaching
- Easily find current Wellbeing Center hours
- & more!



## AFTER HOURS CARE

Support for students at Wake Forest University doesn't stop at 5 p.m.

Someone is always here when you need it most. Whether you have an urgent need, are physically

ill, are concerned for your safety, or anything in between – there is always a resource to help.

See the support that's available to you at [go.wfu.edu/callforcare](http://go.wfu.edu/callforcare)



## WHO DOESN'T LOVE CUSTOM?

Let Campus Rec design a custom program for your group!

It's a great way to engage peers, have fun, and build

relationships. Available to all WBC members\*.

Find the many indoor and outdoor activities to choose from below!

\*Anyone who has Wellbeing Center access is a member



## BRING YOUR DEAC SPIRIT WITHOUT THE SPIRITS

Outside gate 4, next to the indoor tennis center you'll find sober tailgate before every home game (look for the Thrive tents and tables).

Anyone who hasn't been drinking is free to join in the fun and has a chance to win truly dope Wake giveaways! Free food for everyone.

The fun is happening 3 hours before every home game until kickoff. Come anytime. Go Deacs!

