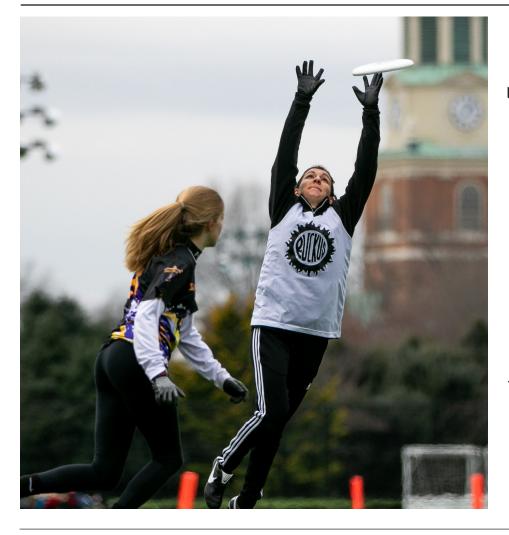
## Installments

VOL 2 Issue 1

THE NUMBER TWO NEWS SOURCE AT WAKE

**AUGUST** 



## JOIN CLUB **SPORTS**

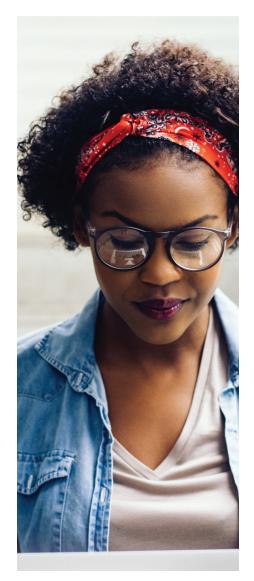
Are you trying to find a Club to join that can provide a chance to build lifelong friendships, expand leadership skills, and represent the Wake community?

Well, look no further-come join Club Sports. Each club seeks to foster exciting athletic experiences and leadership opportunities that are both fulfilling and fun.

It's a healthy way to win on

and off the field while gaining team-oriented leadership skills that can pave the path to a successful future.





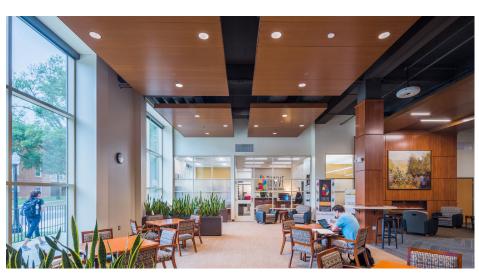
## **TIMELYCARE APP FOR VIRTUAL SUPPORT**

You now have more access than ever to professional mental health support. The TimelyCare app allows you to connect with a mental health professional in just a few minutes, or schedule counseling sessions with a licensed therapist.

This service is FREE for all Reynolda Campus students. Downloading the app before you need it is a great way to limit barriers when you really need to talk to someone.

In just a few minutes, you will download the app, sign in, and fill out some info that allows you to be treat-

TimelyCare offers several different services, including: - TalkNow - Scheduled Counseling sessions - Health coaching - Yoga & meditation sessions.



## **ENROLL IN WELLBEING** COACHING

is now enrolling for our Wellbeing Coaching program, which is free for students, staff, and faculty!

Clients will work one-onone with a certified coach to identify their individual health and wellbeing goals, and then co-create a plan to achieve those goals and make them stick.

Sessions are bi-weekly for the semester, or on a drop-

The Office of Wellbeing in basis, and a variety of times are available. Goals can vary widely and can include anything from increasing sleep or managing stress, to developing a mindfulness practice or pursuing financial goals.



