

Installments

VOL 2 Issue 8

THE NUMBER TWO NEWS SOURCE AT WAKE

APRIL

WELLBEING CENTER TURNS 5!



March 28th, 2023 marked 5 years since the fully renovated Wellbeing Center reopened! Since then, the Wellbeing Center has become one of the most active and frequented places on campus.

It is this building that welcomes the early-morning master swimmers, hosts a robust Campus Recreation operation and serves as home base for the Outdoor Pursuits program. Within this space, intramural champions are

crowned, climbing walls are conquered, personal bests are challenged, and friendships are cultivated.

Here is a glimpse of how the facilities, equipment, programs and people that make up the Wellbeing Center have created a place where many have found health and a home.

Read more:
go.wfu.edu/turning5

TACKLE YOUR FINAL EXAMS

It's almost summer, but first you have to take final exams. Does thinking about exams feel overwhelming? Did your plan for exams in December work? Do you want to make any changes to your preparation process?

CLASS Academic Coaches

are ready to help you plan your study time and help you find success at the end of the semester.

Join us for the April OWLS talk titled "Finish Strong: Strategies for Preparing for Exams and Reducing Stress."

Pizza will be served! Free WFU t-shirt and swag for all participants.

April 24th 6pm Angelou Residence Hall (all students invited, not just students who live in Angelou Hall)

THIS MONTH

INTRAMURAL REGISTRATION PERIODS

Floor Hockey Tournament
4/4-4/13

Kickball Tournament 4/11-4/20

Capture the Flag 4/11-4/20

CAMPUS SCREENING DAYS

Alcohol Screening Day:
4/6/23 10a-3p Benson
Foodcourt Patio

Cannabis Screening Day:
4/20/23 10a-3p Benson
Foodcourt Patio

Come complete a quick confidential survey and leave with some great swag (choose from hats, shirts, water bottles, and more!) Find us under the Thrive tents.

JOIN THE FITNESS TEAM

Do you have a passion for fitness and enjoy being a leader? Our fitness team is looking for interested students to join the team. You'll enjoy a flexible work schedule, the ability to work with fellow students,

a supportive work environment as well as educational and leadership opportunities. Interested in learning more? Reach out to Michael Spieldiener spielm@wfu.edu for more information.

