# 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

### **FACKLE 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?

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

Join us for the April OWLS talk titled "Finish Strong: Strategies for Preparing 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

#### THIS MONTH

**INTRAMURAL** REGISTRATION PERIODS Floor Hockey Tournament 4/4-4/13 Kickball Tournament 4/11-4/20Capture the Flag 4/11-4/20

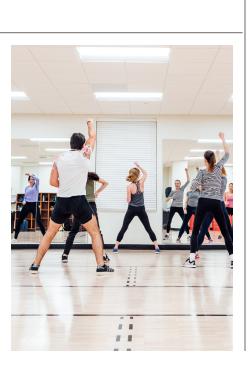
#### for Exams and Reducing Hall)

**CLASS** Academic Coaches Stress."

#### **JOIN THE FITNESS** ΤΕΑΜ

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.



#### **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.