

On the Baylor Horizon.....a publication of the Division of Student Life

Yoga at Fountain Mall

Tuesday, December 8, 2-3 p.m. at Fountain Mall. Come take a study break and relive stress. This event is free and open to all students, faculty, and staff. Bring a mat or a blanket. In case of bad weather, the event will be held at the McLane Student Life Center Basketball Court #1. For additional information, contact Van_Davis@baylor.edu.

Baylor Bookstore Announcements

- **Tuesday, December 8, and Sunday, December 13:** Bear Essentials at the Ferrell Center will be open for the Men's Basketball vs. Northwestern State and the Lady Bear's Basketball game vs. McNeese State. Stop by and get all your Bear essentials for this season.
- **Wednesday, December 9, and Thursday, December 10:** Two-Day Sale. Take 20 percent off one item, 25 percent off two items, and 30 percent off three items on apparel and gift categories only. Exclusions apply.

For additional information, contact Luke_Russell@baylor.edu.

Special Study Days

Tuesday, December 8, and Wednesday, December 9, are the designated special study days before final exams begin.

Therapy Dogs in Moody

Thursday, December 10, and Friday, December 11, 7-9 p.m. in Moody Library Garden Level. Wearing thin with the stress of finals? Need some relief? Come relieve some stress and play with the therapy dogs. For additional information, contact Beth_Farwell@baylor.edu.

Final Exams

For additional information about study tips and how to prepare for finals, visit www.baylor.edu/support_programs/index.php?id=869756. For the complete final exam schedule, visit www.baylor.edu/registrar/index.php?id=84416.

My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to www.baylor.edu/health_center and click on MY HEALTH in the upper right corner. Log in using your Bear ID (firstname_lastname) to make appointments, receive secure messages, print immunization records, and sign up to receive a reminder text message one hour before your next appointment. Give it a try today.

Monday Healthy Tip from Monday Campaigns

This week, choose whole grains, fruits, and vegetables over processed foods. It's good to consider calories when making food choices, but it's not the whole story!

http://www.meatlessmonday.com?utm_source=Healthy+Monday+Tips&utm_campaign=909ff90d15-

SUPPORT BAYLOR ATHLETICS

Men's Basketball vs. Northwestern State

Tuesday, December 8, 7 p.m., Ferrell Center

Women's Basketball vs. McNeese State

Sunday, December 13, 2 p.m., Ferrell Center

For additional information on gameday for students, including Baylor student tickets, visit www.baylor.edu/students/gameday/index.php?id=867021. Keep up with the Bears online at BaylorBears.com and follow on social media @BaylorAthletics for the latest news and information.

Sic 'em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* to StudentLife@baylor.edu. You can find the most up-to-date calendar information at <http://www.baylor.edu/calendar/>.

View past issues of *On the Baylor Horizon* at http://www.baylor.edu/student_life/index.php?id=83704.