

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

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## **Sigma Phi Lambda Interest Meeting**

Monday, November 28, 6-8 p.m. in Kayser Auditorium of Cashion/Hankamer. Sigma Phi Lambda, Sisters for the Lord, is a non-denominational Christian sorority whose sole purpose is to glorify God and make His name great. Be a part of this organization and enjoy social events and traditions like bigs/littles, take-a-dates, formals, intramurals, and more. Pizza will be served. For additional information, visit [www.baylorphilamb.webs.com](http://www.baylorphilamb.webs.com).

## **Movie Mondays at the Hippodrome**

Join for a screening of the powerful documentary *Gleason* on *Monday, November 28, 7 p.m.* at the Waco Hippodrome. Free tickets for entry are available at [www.baylor.edu/tickets](http://www.baylor.edu/tickets). For additional information and future screenings, visit [www.baylormoviemondays.com/](http://www.baylormoviemondays.com/) or contact [student\\_union@baylor.edu](mailto:student_union@baylor.edu).

## **Multicultural Greek Council (MGC) Marketplace**

Thursday, December 1, 2-10 p.m. on the 3rd floor of the SUB. Come shop local vendors and have MGC wrap your presents. Kick off Christmas on 5th early. For additional information, contact [Lauren\\_Christian@baylor.edu](mailto:Lauren_Christian@baylor.edu).

## **GRIT Workshop**

Do you have GRIT? Grit is remembering there are multiple pathways to success, knowing when and how to ask for help, working hard even after you experience failure, or feel like quitting and staying passionate about your purpose even when it is hard. Join to learn more ways that you can get gritty and achieve your goals. Each week will cover different topics. The next session will be held on *Thursday, December 1, 4 p.m.* in the McLane Student Life Center, Room 308. The topic will be "Cultivating Habits for Success: How self-control and healthy habits can lead to long-term success." For additional information, contact [Sarah\\_Ritter@baylor.edu](mailto:Sarah_Ritter@baylor.edu) or [Teran\\_Yaklin@baylor.edu](mailto:Teran_Yaklin@baylor.edu).

## **Baylor School of Music Events**

**Thursday, December 1:**

- Baylor Bronze: Bob Avant (conductor), 5:30 p.m. in Roxy Grove Hall
- A Baylor Christmas: Jerry McCoy (conductor), 7:30 p.m. in Jones Concert Hall

**Friday, December 2:** A Baylor Christmas: Jerry McCoy (conductor), 7:30 p.m. in Jones Concert Hall

**Sunday, December 4:** Carol Vespers: Lynne Gackle (conductor), 3 p.m. in Armstrong Browning Library.

For additional information, visit [www.baylor/music](http://www.baylor/music) or call 254-710-3571.

## **My HEALTH**

My HEALTH is your online portal for access to the Health Center. Go to [www.baylor.edu/health\\_center](http://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.

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## Monday Healthy Tip from Monday Campaigns

Start the week with a wonderful way to reduce stress and energize muscles. You can easily do chair yoga at home or at work whenever you have a few spare minutes. Amy Eberhardt, MPH, CYT, LMT, CPMT, a certified integral yoga instructor from NYU Langone Medical Center, will guide you through the moves with a brief and enlightening video. Visit [www.destressmonday.org/sit-chair-yoga/](http://www.destressmonday.org/sit-chair-yoga/).

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## SUPPORT BAYLOR ATHLETICS

### ***Men's Basketball vs. Sam Houston State***

Wednesday, November 30, 8 p.m., Ferrell Center

### ***Women's Basketball vs. Abilene Christian***

Thursday, December 1, 7 p.m., Ferrell Center

### ***Men's Basketball vs. Xavier***

Saturday, December 3, 2:30 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](http://www.baylor.edu/students/gameday/index.php?id=867021).*

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## 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](mailto: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](http://www.baylor.edu/student_life/index.php?id=83704).