



WHAT'S NEW

BROUGHT TO YOU BY BAYLOR UNIVERSITY STUDENT LIFE

January 8, 2018

MONDAY

Flu season is here!



Flu vaccines are available in the Health Center from Monday through Friday, 8 a.m.-4:30 p.m.

Monday Healthy Tip from Monday Campaigns



As we begin a brand new year, it's a great opportunity to start learning how to manage our daily stress. Maybe you already have some activities that help you calm your mind and body, but consider adding one more tool to your anti-stress kit: mindfulness. Every Monday this month, DeStress Monday will present a new element of mindfulness that can be built upon to create an easy-to-follow practice that may help you reduce symptoms of stress. This Monday, we'll start with the one of the most basic elements of a mindful practice: deep breathing. Click [here](#) for more information.

THURSDAY

Sunrise Yoga



Thursday, January 11, 7 a.m. in the McLane Student Life Center Bearobics Room. Welcome 2018 with an hour-long yoga class provided by Baylor Wellness! This class is open to all levels and is a great way to greet the spring semester. We have all the equipment you need and suggest that you bring a water bottle. Hosted/sponsored by Baylor Wellness. For additional information, contact Leah_Gagnon@baylor.edu.

Urban Missions Interest Meeting



Thursday, January 11, 5:15 p.m. at the Bobo Spiritual Life Center. Love Waco? Serve in Waco! Urban Missions offers weekly student-led service experiences. Each team partners with a Waco organization, church or non-profit, to learn and serve and enjoy community at the same time and place each week. Come learn more and find the team for you. Hosted/sponsored by Office of Spiritual Life. For additional information, click [here](#) or contact Julia_Wallace@baylor.edu.

FRIDAY

School of Music Faculty/Guest Recital Presents Eka Gogichashvili (Violin) and Mia Orosco (Piano)



Friday, January 12, 6 p.m. at Roxy Grove Hall. For additional information, visit www.baylor.edu/music.

Sundown Sessions at the SUB: Guardians of the Galaxy Vol. 2



Friday, January 12, 9 p.m.-1 a.m. at the SUB. Welcome back, Bears! Come enjoy the first Sundown of 2018 featuring *Guardians of the Galaxy Vol. 2*. They only get one chance to save the galaxy twice, and this is your chance to watch it. Free Blacklight Bowling available in the Baylor Gameroom, too. Sponsored/hosted by the Union Board. For additional information, contact Alex_Jantz@baylor.edu.

SATURDAY

Sundown Sessions at the SUB: Coffee and Canvas



Saturday, January 13, 9 p.m.-1 a.m. at the SUB. Coffee and Canvas is BACK! Come join us with canvas painting and Common Grounds coffee. Class options and times can be found on Connect and our social media. Contact Alex Jantz to reserve your spot! Reservations are not required to attend. Free Blacklight Bowling available in the Baylor Gameroom, too. Sponsored/hosted by the Union Board. For additional information, contact Alex_Jantz@baylor.edu.

OTHER EVENTS

Seeking Student Leaders for an Opportunity to Serve on Advisory Committee



Applications are now being accepted for the Student Dining Advisory Committee for Spring 2018. This is your opportunity to hear about new things from Baylor Dining and to speak into improvements for on-campus dining processes and programs. Three meetings of an hour each will be on Wednesdays: January 24, February 21, and March 28. Meetings will be from 4-5 p.m. For additional information or to apply, contact Jim_Broaddus@baylor.edu.

Delta Sigma Pi Presents Johnny Quinn



Monday, January 15, 6 p.m. at Foster 250. Sponsored/hosted by Delta Sigma Pi. Johnny Quinn, a US Olympian and former pro football player, will speak on how to navigate obstacles, cultivate change, and develop a winning game plan to align what they do at home, at work, and in the community. For additional information, click [here](#).

Diversity Enhancement Award



Campus Diversity Committee is pleased to call for nominations for the Diversity Enhancement Award. The award is given to individuals (staff and faculty), organizations, or programs that strengthen and promote respect for diversity. The nomination deadline is *Tuesday, April 10*. For additional information, click [here](#) or contact campus_diversity@baylor.edu.

STAY CONNECTED



If you have items you would like to see appear in What's New BU, submit them for consideration by Wednesday at 8 a.m. by clicking [here](#). View past issues of What's New BU/On the Baylor Horizon [here](#).