Keep your work area tidy, rotate which shoes you are wearing, and swap out those running shoes! After logging about 300 to 350 miles, it’s time to get serious about your shoe collection! If you can make the switch, our FitWell program is dedicated to providing movement to your career goals on target. Check Handshake for up-to-date resources and support to help support local businesses for the last Sundown Sessions of the semester! Some of your favorite Waco eateries are creating cooking demonstration videos for Baylor students as a reminder that both giving back is important and that it can be delicious. Click here for more information.

The Baylor Counseling Center is available for students 24/7 in the event of a crisis and is providing counseling through phone and resources for you to help maintain your mental and emotional health. Help support local businesses for the last Sundown Sessions of the semester! Some of your favorite Waco eateries are creating cooking demonstration videos for Baylor students as a reminder that both giving back is important and that it can be delicious. Click here for more information.

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