Celebrate Women's History Month by sharing your original or favorite gameroom or contact Sarah_Patterson1@baylor.edu for more information. For additional information, call 254-710-2819 for Baylor Submit them for consideration by Wednesday at 8 a.m. by emailing Van_Davis@baylor.edu. To register your department for the Baylor WELL Gameroom, follow @baylorunionboard on Instagram. 

**Wellness Tip of the Week**

Try scheduling workouts into your planner and treat them as though they are meetings. This is likely to help implement a consistent fitness schedule into your calendar. In a special drawing for door prizes! 

**Updates From Student Government**

Programs is now accepting applications for Welcome Week Leaders. This is a great opportunity to make a difference in the lives of your peers and contribute to the Baylor experience. Applications are open now to anyone interested in being a part of this incredible event. 

Looking for a way to get involved next year? Apply to be a part of Union Programs. These are the groups that create Baylor's major events, such as Sundown Sessions. If you're interested in making a significant impact on the student body, this is the perfect opportunity for you. 

**Academic Support Programs**

Academic Support Programs is an organization designed to help students succeed both in and out of the classroom. They offer various services and resources to support students in achieving their academic goals. If you're looking for additional support or want to volunteer your time, this is a great organization to get involved with. 

**Van_Davis@baylor.edu**

If you have any questions or need more information, feel free to contact Van_Davis@baylor.edu. They will be happy to assist you with any inquiries you may have.

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**Mountain Bike Trail Rides**

Join OA at Cameron Park for a guided ride along the Brazos River through downtown Waco to Cameron Park. Then swap out bikes for kayaks and paddle down river back to the Barfield Drawing Room. This is a great opportunity to enjoy the natural beauty of Waco while getting some exercise. 

**National Pan-Hellenic Council**

The National Pan-Hellenic Council at Baylor will be hosting a conversation about the history of the National Pan-Hellenic Council. This event is open to all students and will provide an opportunity to learn about the rich history and contributions of this organization. 

Wednesday, March 10, 3 p.m.

**Creating a Legacy and Giving Back**

Baylor University is proud to announce the launch of our new program, Creating a Legacy and Giving Back. This program is designed to help students develop a sense of purpose and make a positive impact in their communities. 

Students can participate in a variety of activities, such as volunteering, service projects, and community outreach events. This program is a great way to get involved and make a difference in the world. 

**Talk About it Thursday**

This Thursday, March 11, at 6 p.m., join us for Talk About it Thursday. This event is designed to help students talk about the importance of mental health and self-care. 

We will have guest speakers Dr. Lauren Volpei (Psychologist at Baylor Counseling Center), Dr. Bill Hoy (Medical Humanities professor), Dr. Thomas Spitzer-Hanks (BIC professor, BIC COVID Care Team), and Dr. Lauren Volpei (Psychologist at Baylor Counseling Center). 

This event is open to all students and will provide a safe and supportive environment for discussing mental health and self-care. 

**Dr Pepper Hour in a “Grab and Go” Barfield Drawing Room**

Enjoy Dr Pepper in a “Grab and Go” Barfield Drawing Room. This is a great opportunity for students to enjoy their favorite beverage in a convenient location. 

**Self-Care Bingo and Self-Care Basket Raffle**

Join us for a fun, de-stress event! We will have a variety of activities, such as yoga, zumba, refit, kickboxing and taekwondo conditioning, bear cycle, hip hop and bollywood dance, muscle up, tabata, and tone & stretch. 

The Self-Care Bingo is a great way to have fun while promoting self-care. We will have a variety of prizes, including a special drawing for door prizes and a gratitude jar. 

**Baylor Spiritual Life**

Baylor Spiritual Life invites the Baylor community to participate in a guided ride along the Brazos River through downtown Waco to Cameron Park. Then swap out bikes for kayaks and paddle down river back to the Barfield Drawing Room. This is a great opportunity to enjoy the natural beauty of Waco while getting some exercise. 

**Monday-Friday**

**WHAT'S NEW BU**

Baylor University Waco, Texas 76798 1-800-229-5678

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