Submit your nomination for Baylor Vocal Health and Voice Physiology Lab Performer of the Year 2020: http://www.baylor.edu/psychotherapy/login.php?id=966178

CALL FOR PERFORMERS: Sundown Sessions
Hosted/Sponsored by Union Board. Before there was Sundown Sessions, there was SUB! Join us for an Acoustic Café throwback where you can share your performance. Performers will be considered for free passes to the show, and the winner will receive a $25 Visa gift card. Performers will be selected on March 31st. To nominate, email Sarah_Patterson1@baylor.edu

FitWell Expo 2021 Virtual Conference
Five-minute FIT breaks will be held between presentations, followed by a full body Chair Stretching routine with presentation notes, snacks, and more. Door prizes will also be given out with presentation notes, snacks, and more. Door prizes will also be given out. Fitness, and Mental Health Self Care Tips. Five-minute FIT breaks will be

Academic Support Programs

Wellness Tip of the Week
Here

Student Leadership Awards! The Department of Student Activities, Student Foundation's General Membership Application is open for the 2021-2022 academic year. The application can be found at https://www.bit.ly/buirg21. Student Leadership Awards will be presented at the Student Union Grand Slam on May 11, 2022 at 6 p.m.

SHAC (Student Health Advisory Council) is opening up applications to those 18-35 y/o. The application is open until May 3, 2022. To apply, visit https://www.baylor.edu/wellness/index.php?id=966178

We encourage healthy living! Applications close on April 14. Please contact Van_Davis@baylor.edu or eliza_schneider1@baylor.edu for additional information.

SHAC IS OPEN TO STUDENTS 18-35 Y/O. The application is open until May 3, 2022. To apply, visit https://www.baylor.edu/wellness/index.php?id=966178

For more information about your performance. Video submissions or Zoom meetings with presentation notes, snacks, and more. Door prizes will also be given out. Fitness, and Mental Health Self Care Tips. Five-minute FIT breaks will be

student leaders on campus. If you would like to volunteer at the race, click here: https://www.baylor.edu/wellness/index.php?id=966178

Love the Run You're With 5K
If you would like to volunteer at the race, click here: https://www.baylor.edu/wellness/index.php?id=966178

Run for Free!