



Wellness Commons Newsletter



Sewanee's Home for Student Wellbeing
March 2024

[CAPS](#) [UHS](#) [FitWell](#)

PROGRAM SPOTLIGHT: Fitness Instructor Training



Fitness Instructor Training with FitWell

Did you know that most of FitWell's group exercise classes are taught by students? Our student instructors (seen above on the left) are highly skilled in their areas of expertise, and

we also train them in HIPAA/FERPA compliance and CPR.

For those interested in becoming group fitness instructors in the fall, contact [Kayleigh Perlotto](#), to schedule your independent study for this semester towards nationally recognized ACE Certification.

EMPLOYEE SPOTLIGHT:

Molly Ellson, MSW, LMSW

Staff Clinician, CAPS



Get to Know Molly

Over Winter Break, Molly traveled to Vietnam to teach workshops to peers. Here is what she had to say about that experience:


"Since 2021, I have volunteered with [International Social Work Solutions, Inc.](#) (ISWS), a nonprofit organization that aims to empower vulnerable and underserved communities globally by addressing the problems of poverty, exploitation, and marginalization.

Over winter break, I had the opportunity to travel to Vietnam with two other ISWS volunteers to provide workshops regarding trauma-informed self-care, as well as clinical skills and ethics for professionals. Our time in Vietnam was an absolutely incredible experience! The in-country organizations with whom we collaborated were so kind, warm, and welcoming, as were members of the communities we visited.



Between workshops, we traveled to many cities in Vietnam and immersed ourselves in the culture. The nature was fascinating; we saw a pack of water buffalo lounging in a field, mountain goats jumping from rock to rock, and monkeys waving from tree branches to ask for food from people in kayaks.

One of my favorite memories from the trip was taking a train and cable car, and then hiking 650 steps to the top of the highest mountain in Vietnam, Fansipan Mountain. After we reached the top, which was above the clouds, there was a small coffee shop to sit, relax, and enjoy the view! This was definitely an experience I will cherish forever."

UPCOMING WELLNESS EVENTS



University of the South Campus Walk
Saturday, March 2, 2024
10:30am
Register at afsp.org/Sewanee



Hope Walks Here

Join Hope Walks Here to #StopSuicide on **Saturday, March 2 at 10:30am** starting at the Quad and ending at the Chapel of the Apostles. Register or donate [here](#) and contact [Sister Hannah](#) with any questions!

The Out of Darkness Campus Walks are the [American Foundation for Suicide Prevention's](#) (AFSP) signature student fundraising series, designed to engage youth and young adults in the fight to prevent suicide, a leading cause of death.

Empower Hour: Spin Class

This **Saturday, March 2nd from 10:30-11:30am**, Catherine will be teaching an extra, one-time offering of spin! This class for students will be an hour long and designed to challenge and empower while enhancing the mind-body connection.

All abilities are welcome! Students can register for this class on [Engage](#).



EMPOWER HOUR SPIN CLASS

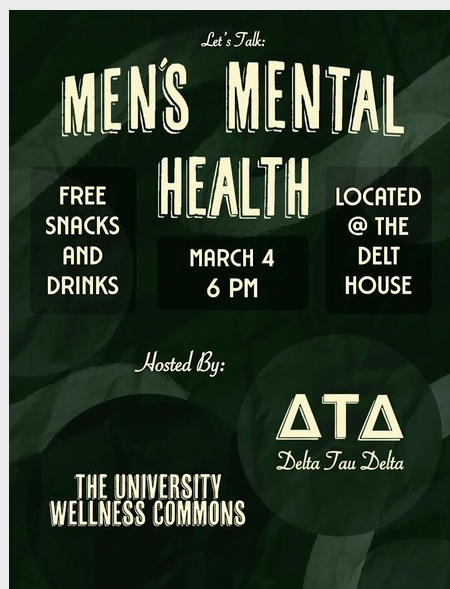
AN HOUR-LONG SPIN CLASS DESIGNED TO CHALLENGE & EMPOWER WHILE ENHANCING MIND-BODY CONNECTION. ALL ABILITIES ARE WELCOME.

SATURDAY // MARCH 2ND

10:30-11:30 AM

TAUGHT BY: CATHERINE COLLETT





Let's Talk: Men's Mental Health

Our next Let's Talk discussion will be with DTD on **Monday, March 4th at 6pm** at Delt on the topic of men's mental health. There will be snacks and drinks provided!

Let's Talk events are opportunities for students to get to know CAPS therapists outside of the office and to talk about important issues while having fun together.

Adult CPR & AED Trainings

There are still opportunities to get certified (on **Monday, March 11 from 9am-4pm**) or re-certified (on **Thursday, March 7 from 9am-12pm**) for CPR & AED. This is open to faculty/staff and students and costs \$35 per person paid via check or cash. To register, email [Kayleigh Perlotto](mailto:Kayleigh.Perlotto).

Please note, the Saturday, March 23rd class is full.

Adult Let's Talk: Healthy Relationships on Campus

In partnership with the Wick, the Wellness Common's presents a Let's Talk discussion on healthy

*The Wellness Commons and
the Wick present*

LET'S TALK: HEALTHY RELATIONSHIPS ON CAMPUS

MARCH 26
6:30 -
8 PM

WICK
LIVING
ROOM

PIZZA AND
DRINKS
PROVIDED!



relationships (romantic and platonic) on campus with CAPS clinicians Molly and Leigh on **Tuesday, March 26** from **6:30-8:00pm** in the Wick Living Room. Pizza and drinks will be provided!

MARCH 2024 FITWELL HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6am-7pm	2 10am-2pm
3 12-7pm	4 6am-9pm	5 6am-9pm	6 6am-9pm	7 6am-1pm	8 6am-1pm	9 CLOSED
10 CLOSED	11 CLOSED	12 6am-1pm	13 6am-1pm	14 6am-1pm	15 CLOSED	16 CLOSED
17 CLOSED	18 6am-9pm	19 6am-9pm	20 6am-9pm	21 6am-9pm	22 6am-7pm	23 10am-2pm
24 12-7pm	25 6am-9pm	26 6am-9pm	27 6am-9pm	28 6am-9pm	29 6am-7pm	30 10am-2pm
31 CLOSED	STANDARD HOURS		BREAK HOURS		CLOSED	

No Group Exercise for Students from 3/7 - 3/17

No Faculty/Staff Group Exercise on 3/11 or 3/15

You can see the class schedule and register on [Engage!](#)

Peer Health Events



PEER HEALTH PRESENTS

SPRINKLES AND SATIATION

Decorate cupcakes and watch The Great British Bake Off for National Eating Disorder Awareness Week

MARCH 1, 2024
2-4 PM
SOCIAL LODGE

DEEP MEANINGFUL CONVERSATION

TOPIC: AFFORDABILITY AT SEWANEE

TUESDAY, MARCH 5TH
6:30-7:30 PM
@ THE SOCIAL LODGE
FREE CHICK FIL A!!!

Hosted by: Peer Health, SGA, OG, ISC, and IFC

Email:

uwc@sewanee.edu and fitwell@sewanee.edu

Phone:

(931) 598-1270

Location:

Wellness Commons

604 University Ave., Sewanee, TN 37383

CAPS and UHS Hours:

Monday-Friday, 8:00 a.m. to 4:30 p.m.

Closed for lunch daily from 12:00 p.m. to 1:00 p.m.

FitWell Hours:

Monday - Thursday 6:00 am - 9:00 pm

Friday 6:00 am - 7:00 pm

Saturday 10:00 am - 2:00 pm

Sunday 12:00 pm - 7:00 pm

Visit out [website](#) for more information!



The University of the South 735 University Ave. Sewanee, Tenn. 37383

[Subscribe](#) to our email list.