



08.25.23

This Week in Wellness

Welcome from the Office of Student Wellness!

Whether you are new to the Boston Health Sciences Campus, or have been around for a while, all of us in the Office of Student Wellness are looking forward to seeing you! And if you are a student in one of Tufts' hybrid or online programs, we look forward to engaging with you as well!

The Office of Student Wellness provides students on our campus with free wellness advising to help you manage the challenges of graduate and professional school. We also host a variety of events throughout the year, including Wellness Gatherings with therapy dogs, off-campus events (an annual hike and apple picking trip), yoga and mindfulness programs, and lunch and learn opportunities. All events are free and open to all Health Science students.

We are especially excited to invite students to our new space on the third floor of 200 Harrison Avenue. Read on to learn more!

EVERYONE IS
welcome here

Meet the Team and our New Space!

Who we are...

The Office of Student Wellness is staffed by a team of professionals who are here to support your health and well-being during the course of your education on the Health Sciences Campus.



Sharon "Snaggs" Gendron (please call her Snaggs!), our Director (left), is our point person for students seeking advising for concerns ranging from everyday stressors, to referrals to other mental health professionals in the area. **Jen Pustz** (center) specializes in meditation and mindfulness-based programming to help students learn to manage their stress and improve focus. **Dylan Stoesser** (right) manages our events, Instagram account, and supports the Significant Others Group for medical students. Together, we work as a team to host Wellness Gatherings, off-campus field trips, breakfast and lunch events, to name a few, to provide breaks from studying and stress. An additional Wellness Advisor will join us soon!



Where we are...

We are located at **200 Harrison Avenue**, in the front section of Posner Hall.

- Use the ramp to get to the front door.
- Make sure you have your ID to tap to the left of the door to access the building.
- Take the elevator to the 3rd floor, and make an immediate left.
- We are open **Monday-Friday, 9 am - 5 pm**



Visit the New Office of Student Wellness!

Pop-Up Tea in the Wellness Office Wednesday, 9/6, 12:00 - 5:00 pm

Stop by the Office of Student Wellness to check out all we have to offer! We'll have coffee, tea, and snacks available. Make your mark by leaving a hand print on the wall in our community room.



COMMUNITY ROOMS IN THE OFFICE

STUDENTS ARE ENCOURAGED TO DROP BY AND USE OUR COMMUNITY SPACES.

QUIET ROOM

- ✓ Appt./ Meditation/ Prayer Space
- ✓ Space to Process Feelings

MULTIPURPOSE ROOM

- ✓ Coloring Supplies
- ✓ Cardmaking Supplies
- ✓ Therapeutic Objects
- ✓ Aromatherapy
- ✓ Games & Trivia
- ✓ Much More

Looking to book the multipurpose or quiet rooms?
Send us a request.



studentwellnessadvising@tufts.edu



200 Harrison Ave., 3rd Floor

Note: Do not enter building through the double doors. Instead, head up the ramp and tap your ID to enter the building.

Upcoming Wellness Events



Welcome Back Ice Cream Social
Friday, 9/8, 12:00 - 1:30 pm
Posner Green Space
Rain location: Posner Lounge

Celebrate the new school year by joining us for delicious ice cream and sorbet.



Progeria 5K and 2 Mile Walk

Saturday, 9/9, Peabody, MA Race starts: 9:00 am

Please join us for the Progeria Research Foundation's 22st annual 5K race or a 2-mile walk! Registration begins at 7:45 AM for the 9:00 race. Transportation from the Health Sciences Campus will be available. Follow this [link](#) to register for the race in advance and join **Team Medicine for Merlin**.



MARK YOUR CALENDARS:

Blue Hills Hike:

Saturday, September 23

Apple Picking Trip to Honey Pot Hill:

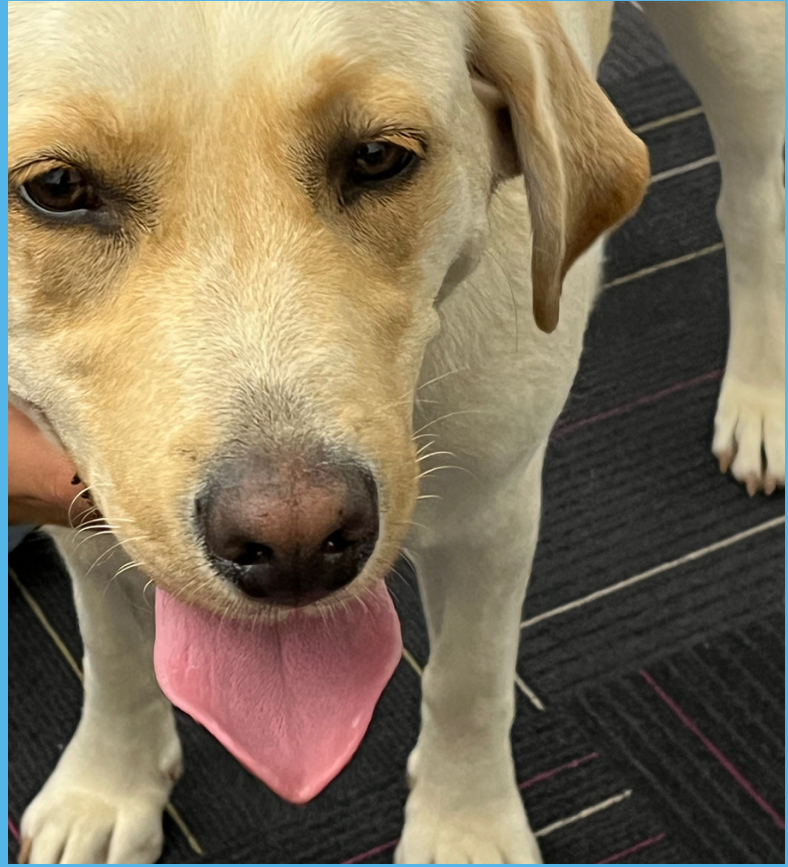
Saturday, October 7

Bus transportation will be available!



Community Corner

Scenes from our first Wellness Gathering of Fall 2023!



Community Corner

New to Boston? Get to Know the City on Foot

CowParade New England

Perhaps you've noticed the fiberglass cows grazing throughout the city. That can only mean one thing--the CowParade is back in Boston. Check out the "Pasture Map" and use it as a guide to our great walking city!



Rose Kennedy Greenway

Spend some time exploring one of Boston's newest urban parks. This strip of green was built when the "Big Dig" moved Interstate 95 under the city. In addition to green spaces, you'll find the Boston Harbor Islands Visitor Center, food trucks, fountains, public art, and a unique carousel featuring animals native to Boston.



Emerald Necklace

Stretching from Back Bay to Dorchester, the Emerald Necklace is a masterpiece of urban park design. The parks feature opportunities for recreation and access to the Arnold Arboretum and the Franklin Park Zoo.



Nourishment

ITALIAN CHOPPED SALAD

This week's recipes are a nod to the abundance of fresh tomatoes and basil you can find at local farmers' markets in late summer. This salad can be easily adapted depending on your dietary needs. Dress the salad as you serve it to keep all your veggies fresh over multiple days.

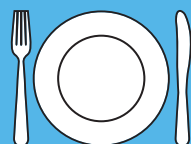


CAPRESE EGG MUFFINS

The flavors of Caprese salad and the convenience of egg bites. Make these "muffins" on Sunday and have them available for a fast breakfast the rest of the week.



Looking for a favorite recipe from a past issue or something new to try?
Click [here](#) to check out our Recipe Archive!



Wellness Support

The Office of Student Wellness continues to be a friendly and accessible hub of support for all students on the Health Sciences Campus. We work with all students to offer practical approaches to manage everyday stressors and challenges.

Some of the services offered include:

- A. Confidential and private wellness advising
- B. Triage and referral to psychiatrists and clinicians/therapists as needed
- C. Works with students to find a Primary Care Physician (PCP) in the Greater Boston area

Snaggs is available to talk with you by Zoom, telephone, or in-person. **To schedule an appointment, use [this link](#)**, or send an email to **Sharon.Snaggs@tufts.edu**.

Student Wellness Advisory Committee:

The Student Wellness Advisory Committee (SWAC) acts as a liaison to the Student Wellness Advising Office. SWAC is comprised of a diverse group of student volunteers from all programs on the Boston Health Science Campus. Contact your SWAC members **[here](#)**.

TalkOne2One:

Tufts recognizes the importance of easy access to confidential mental health counseling. Counselors are also available by phone for urgent issues. Please call 1-800-756-3124 - there's somebody to talk to 24/7/365 days a year. To schedule an appointment only, email **tuftscounseling@allonehealth.com**.

Have a question or comment?

Please reach to us with any questions or comments about the services we offer: **studentwellnessadvising@tufts.edu**.



Be sure to follow us on Instagram!
[@tuftsstudentwellnessadvising](#)