

# January 2021 Wellness Newsletter

Brought to you by the WELL Committee

## UPDATES & NEWS:

- WELL Committee Welcomes New M1 Class Rep Julia Versel.
- Feel free to contact the student rep from your class or any of the faculty/staff members of the committee with any wellness-related ideas or concerns.
- Look out for: Town-Hall on Perspectives and Mental Health on Campus - date TBA

## UPCOMING Events:

- SWAG Yoga class on Jan. 21 at 6 pm (link in SWAG newsletter next week)
- Coffee and Clarity on Mondays at 6 pm starting on Jan. 18  
<https://luc.zoom.us/j/82586601018#success>
- WEIRD Workshop on Jan. 28 at 7 pm  
<https://luc.zoom.us/j/89347024561?pwd=Mm9NL1NCalpPaERkYkhtclV1WThGZz09#success>  
passcode: swag
- Guest speaker **Ramya Iyer**, LCSW, psychoanalyst and creator of the [Thriving in Residency](#) program, will present on **Systemic Disempowerment and its Impact on the Minds of Physicians** on 2/10 at 7pm CT!
  - Zoom link [here](#)
  - Passcode: swag

Have a wellness event to add to the calendar? Add it [here](#) and tag Stritch Wellness!

## Ways you can ALWAYS Connect with Faculty and Resources when needed:

**SSOM Wellness Website:** <https://ssom.luc.edu/wellness/>

**Perspectives Counseling Services:** <https://ssom.luc.edu/wellness/counseling/>

- <https://www.perspectivesltd.com> and enter LUC500 for your User ID and “perspectives” (without quotes) for the password OR call 1-800-456-6327

**Student Affairs:** <https://ssom.luc.edu/student-affairs/aboutus/meettheteam/> (staff contact info)

**Ministry:** <https://hsd.luc.edu/ministry/about-us/> (staff contact info)

**Academic Center for Excellence & Accessibility (ACE):** <https://ssom.luc.edu/ace/aboutus/> (office contact info) – tutoring, STEP prep, academic support

**Office of Diversity, Equity, & Inclusion:** <https://ssom.luc.edu/diversity/index.html>

**Financial Aid:** <https://ssom.luc.edu/finaid>

## WELL Committee Members:

Monica Maalouf, MD

Catherine Jardien

John Hardt, PhD

Viviana Martinez

Saadia Rafiq

Eugene Lee, MD

Ginny McCarthy

Vera Schalansky, JD

James Mendez, PhD

Ramzan Shahid, MD

Tammy Patterson

Beth Sonntag

Mark Torrez

### **Student Members:**

Julia Versel (M1)

Aquilla Chase (M2)

Ariel Sherman (M3)

Philip Ghobrial (M4)

**Have ideas or feedback for us? Fill out this [FORM](#).**