

**From:** Inform  
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Hello CMCers!

We hope you're as excited for spring break as we are! Check out our Peer Health Ambassador March Newsletter below- lots to look forward to when we return from break!

### **Upcoming Events**

#### **3/20- Budgeting Basics**

Find our Peer Health Ambassador, Kaavya, outside Ath Tea on Wednesday, March 20th from 3 PM - 4 PM! We'll have a financial wellness trivia game, budgeting templates, and information about the importance of financial wellness and stress management as it relates to finances.

#### **3/28- Strawberries and Sun Printing**

Join our Peer Health Ambassador, Nilaja, for a sun printing activity where we'll be discussing topics related to environmental wellness! Learn about the benefits of being connected to nature, ways to spend more time outdoors, and enjoy snacking on strawberries with us! Meet us at Beckett Lawn on Thursday, March 28th from 4:15 PM - 5:15 PM.

#### **Dorms, Condoms! And STI Education!**

Following spring break, our Peer Health Ambassador, Daphne, will be distributing baggies with condoms and other goodies across campus and in dorms! Included you will find information about why condoms are the best and ONLY method to prevent sexually transmitted infections (STIs) - a.k.a why oral contraceptives and other forms of birth control don't cut it!

#### **3/28 - Fresh Check Day! Read all about it!**

The Dean of Students Office, in collaboration with a number of student clubs and campus partners, will be hosting CMC's 7th annual Fresh Check Day event!

Fresh Check Day is an event to promote mental health awareness and suicide prevention through peer-to-peer conversations and activities! Find us outside Collins Dining Hall & Heggblade on

**Thursday, March 28th from 12 PM - 2 PM.**

There will be interactive expo booths, peer-to-peer messaging on topics related to mental health, acai bowls, prizes & giveaways, and did we mention there will be dogs?! Make colorful sand jars with the CMC Advocates, paint your "art" out with the Art Council, de-stress with CMCnow, and look forward to so many more exciting activities.

Giveaways will include t-shirts, keychains, snacks, gift cards, and other fun prizes! Tips on care and support resources will also be available!

### **Stall Street Journals**

Our 6th issue of the Stall Street Journal is out! This month we collaborated with the CARE fellows on topics like Spring Break safety, midterms, preventing burnout, and ways to boost positive mental health! Resources and other upcoming events will be featured as well. You can find our newest Stall Street Journal in CMC's dorm restrooms.

### **What the Health? Our Spotify Podcast!**

We are so excited to share our newest episode of "What the Health"! In this episode, Peer Health Ambassadors Daphne, Nilaja, and Sunny will be discussing topics related to body image, eating disorders, busting myths, social disparities, and more. Find us on Spotify to hear the full episode!

### **Find us on Instagram!**

Want to find more ways to keep up with the Peer Health Ambassadors? Follow us on Instagram @cmcpeerhealth to read more about the health topics we cover, details about upcoming events, and much more!