



WELLURAM

WellU @HT Weekly Wellness Newsletter (Vol 5, Issue 1)

Wellness Newsletter - Welcome Back Edition!

Message from Program Coordinator

Greetings students, faculty, and staff, welcome back!

My name is Maria Paula Lopez, and I am excited to introduce myself as the new coordinator for the WellU RAM Wellness Program at Huston-Tillotson University. As a proud HT alum, having recently graduated with a bachelor's degree in kinesiology, and serving as a student wellness ambassador last semester, I'm thrilled to bring my experience and passion for health and wellness into this role. I am eager to create more opportunities for growth, connection and wellness promotion within our community.



Last year, we explored a wide range of wellness topics through our newsletters, events, and wellness classes; and this academic year, we are taking things even further with more opportunities for growth, connection, and fun.

Whether you've been with us before or are just getting involved, our mission remains the same: to support your well-being in every way possible. We have an exciting lineup of fitness classes,

mental health resources, and wellness activities; everything you need to feel good and elevate your sense of well-being.

Let's make this semester one of growth, wellness, and connection! Stay tuned for updates, and don't hesitate to get involved.

Maria Paula Lopez
Program Coordinator
WellU RAM Wellness Program

Previous Semester Achievements

Before we jump into the exciting plans for this semester, let's take a moment to reflect on what we have accomplished last semester. We explored various wellness topics and introduced initiatives that helped our community grow, both mentally and physically. Last semester was an incredible journey for the wellness program, and we couldn't have done it without the amazing support and participation from the HT community - a big shoutout to Ms. Stinson, Ms. Qualls, Ms. Jackson, Ms. Jean and Ms. Tina Reed who were among our most active participants! Here's a quick look at some of our key achievements:

- **Wellness newsletter:** Throughout the semester, we explored all 7 dimensions of wellness—physical, emotional, social, intellectual, spiritual, environmental, and occupational. Each newsletter was filled with tips on how to stay healthy and balanced, along with highlights of instructors and staff who were making positive wellness choices. These newsletters not only informed us, but also kept us connected and motivated to prioritize our well-being.
- **Wellness classes:** We offered a variety of classes to make sure there was something for everyone. From calming yoga and mindfulness to high-energy kickboxing, cardio, salsa, and line dancing, plus dedicated core and strength classes, there were plenty of chances for students and staff to stay active and have fun.
- **Increased community engagement:** One of the best parts of last semester was seeing more students and staff getting involved in our programs. As the semester went on, participation grew, and we really emphasized promoting health and wellness through our activities. We created spaces where everyone could come together and adopt healthy habits. These efforts not only encouraged healthier lifestyles but also helped build a supportive community where everyone could thrive.



WellIU RAM FY2324 Year in Review



What is New?

Upcoming Events

MORE CLASSES

Cardio Dance
Personal Training
Stretch Therapy



WELLNESS PODCAST

Wellness topics, healthy tips and inspiring stories



SOCIAL MEDIA

We're now on Instagram and TikTok!
Follow for updates and wellness content.



@Welluram

GUEST SPEAKERS

Hear from experts on health and wellness topics.



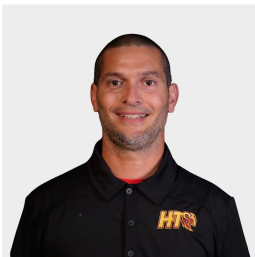
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WALKING GROUPS



Weekly walks to stay active and connect with others.

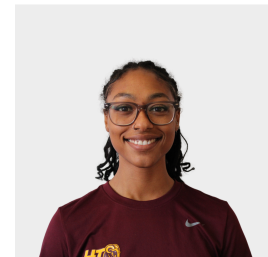
Meet the Team



Dr. Carlos M. Cervantes
Activity Director



Maria Paula Lopez
Program Coordinator



Dominique Bonaparte
Wellness Program Assistant



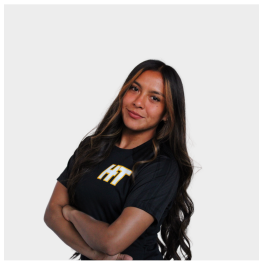
Kendall DuCree
Wellness Program Assistance



Juan P. Echeverria
Wellness Program Assistant



Marcus Gibson
Student Wellness Ambassador



Naidelin Sanchez

Student Wellness Ambassador



America Macias

Student Wellness Ambassador



Alicia Gonzales

Student Wellness Ambassador



Jessica Rincon

Marketing Intern



Jennifer Cruz

Marketing Intern

Paula's Corner

WellU RAM Wellness Program: Paula's Corner Intro



How to Get Involved

We want you to be an active part of our wellness community! Here are some easy ways you can get involved:

🦋 **Join Our Events.** Stay tuned for our upcoming events and Wellness classes. Participating is a great way to meet new people, learn new skills, and prioritize your wellness. **Wellness activities resume on Monday, October 21 with Mindfulness Monday's with Brandie!**

FOLLOW FOR MORE TIPS

Our Social Media

@welluram



🦋 **Stay Updated.** You will receive our weekly newsletter directly in your HT email. Make sure to read it to stay informed about events, resources, and wellness tips that can help you throughout the semester. **Follow us on Instagram at @welluram**

🦋 **Share Your Ideas.** Your input matters! If you have suggestions for topics, events, or resources you'd like to see, don't hesitate to reach out. We want to hear from you!

Wellness is a journey, let us be part of it!



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters