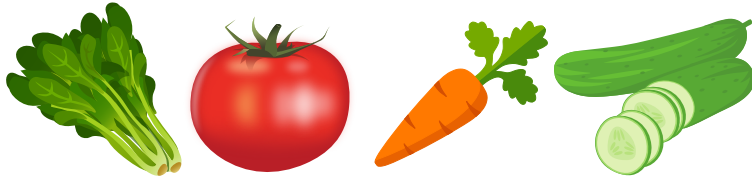


# GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



NATIONAL NUTRITION MONTH®

Campaign Resources

## GET ACTIVE

Want a Wellness Workshop lead by the Student Wellness Center?

Geisel Students can request a wellbeing workshop of your choice!

You can request a yoga, mindfulness, or stress less workshop for your community ~ Gather your group of friends to lose the stress in the setting of your choice.

Please complete a request form at least ten days prior to preferred program date:

[Dartgo.org/wellbeing-workshop](https://dartgo.org/wellbeing-workshop)

Get in touch with

[Kate.e.adams@dartmouth.edu](mailto:Kate.e.adams@dartmouth.edu)

with questions

## WELLNESS WORDS

“Don’t start a diet that has an expiration date- develop a healthy lifestyle that will last forever”

-Unknown

## SMART TIPS



### Nutrition & Sustainability



National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Resources, tips, lists and more!

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices.

## RESOURCES

- Geisel Counseling: Free and confidential- 603-653-0045
- DCHS Counseling - Call (603) 646-9442 to make an appointment, free and confidential
- The Tucker Center- Spiritual & Religious support
- WISE- Call 866-348-WISE; support for domestic violence, sexual assault & gender-based violence
- Veterans - Dial 988, then press 1; <https://www.veteranscrisisline.net/> The text message contact remains the same with 838255
- National Suicide Prevention Lifeline: <https://988lifeline.org/>
- UWill- free and confidential for all students