

Student Health Advisory Council (SHAC)

May 3rd, 2024

1pm-2pm

Agenda

Walter J. Hawrys Recreation Center - Multipurpose Room

1. Attendance and Introductions
 - a. [Meeting Minutes from April 5th Meeting](#)
2. Updates
 - a. CPO
 - i. Upcoming Events
 1. Monday May 6th [PALS w/ SASC, SST and CPO](#) 1-3pm Union Lobby
 2. Monday May 6th [Beach Party](#) 3-5pm Union Patio
 3. May 6th -May 16th [Study Break Cafe](#) 9am-4pm CPO Office
 - a. Drop in spaces, grab and go kits
 4. May 8th [Community Wellness Walk featuring Mindful Moments](#) 2pm, Meet at the CPO office
 5. [Daily Mindful Moments](#) May 6th- May 16th
 - ii. Narcan Box Updates: Now in the SAC Lobby
 - b. SHS
 - i. Still seeing occasional flu and covid in the office - no more COVID tests available but can make an appointment to be seen
 - ii. No changes in the health fee
 - iii. Collaborations with CPO, participated in Wellness Wednesday at HSC and Southampton
 - c. CAPS
 - i. Can come into CAPS with support of everything that is going on in the world and finals
 - ii. Out of state they can access TimelyCare services
 - iii. Get your medicine and prescriptions filled
 - iv. Care coordinators are working with graduating students to get them care after graduation in the community
 - v. Seeing students who are requiring immediate support
 - d. SST
3. Guided Mindful Moment by Melissa Woody, Collegiate Outreach Specialist
 - a. Intro to Mindful Moments
 - i. When students engage in mindfulness it decreases their stress, increases their focus and feelings of resilience

- b. Upcoming Mindful Moment Dates for finals Week
 - c. Resources, Handouts and Magnets
 - i. Will send out QR code with resources
- 4. Open Agenda
 - a. Good Luck on Finals!