

Student Life

January 30, 2023

CHIS Info Session Monday, January 30, 7:30-8 p.m. at the SUB Baines Room 210. Come join our info session to enjoy a donut with a hot beverage! CHIS is a close-

knit group of women who partner with a diverse group of service

organizations around Waco. We would love for you to join us and learn about Baylor's oldest women's service organization! For more information,

contact Sulema Jaramillo1@baylor.edu. **Baylor Rugby Blood Drive**

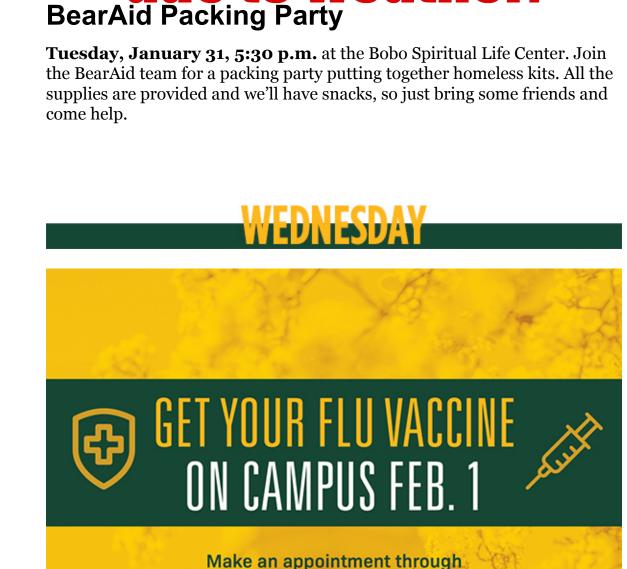
Carter bloodcare center. Sign up to donate blood **HERE**. Contact Sam nightingale1@baylor.edu with any questions.

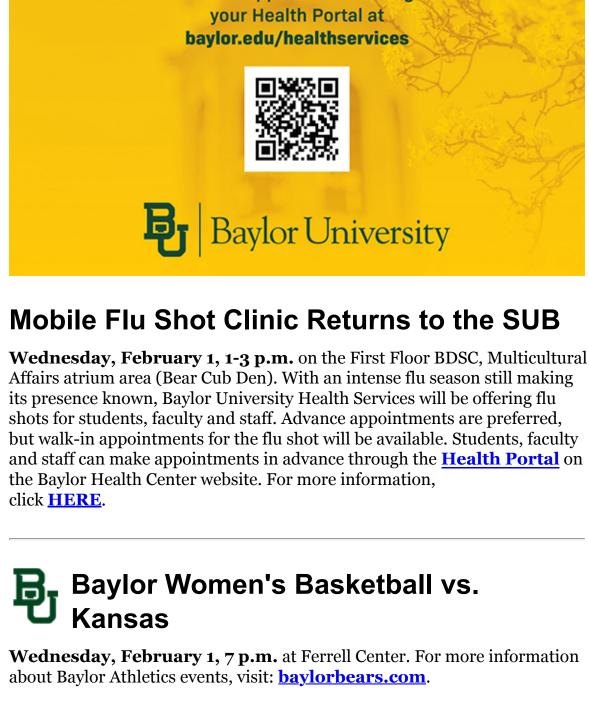
Tuesday, January 31 through Friday, February 3, 11 a.m.-5 p.m. in front of moody library. Baylor rugby will be hosting a blood drive with the



information.

Ready **Disaster Relief Kits** Jan.31, 5:30pm Life





Candy Gram Fundraiser

Thursday, February 2, 12:30-2 p.m. at the First Floor SUB. With the Valentine season approaching quickly don't forget to let someone know you are thinking of them. What better way then with Candy Grams! All of our proceeds will go towards our fundraiser for a service animal, for our friend CT. Every dollar, is a little more love sent his way! For more information,

contact baylorhelpinghands@gmail.com.

Bear Climb

FEBRUARY 4

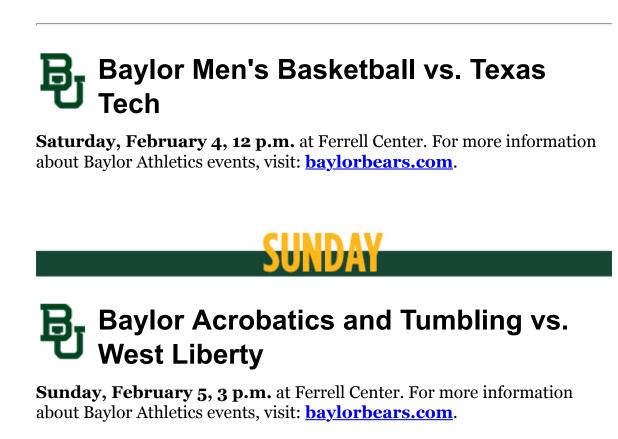
MCLANE STUDENT LIFE CENTER

SESSION 1: 9AM-NOON

CHECK IN/BELAY CHECKS @ 7:45AM SESSION 2: 1PM-4PM CHECK IN/BELAY CHECKS @ 11:45AM

Saturday, February 4, 9 a.m.-12 p.m. and 1-4 p.m. at the Rock Climbing Wall. In Outdoor Adventure's annual climbing competition,

climbers of all ability levels are encouraged to join. The climbing tower and boulder will be re-set with brand new top-rope routes and boulder problems for the competition. The theme this year is Hawaiian! Spots are filling up quickly, register on the Campus Recreation App or the SLC front desk.



7:20 PM to 8:30 PM SUB Den

Sunday, February 5, 7:20-8:30 p.m. at the SUB Den. The Nu Iota

interested in performing, please visit our link **HERE** or contact

Chapter of Zeta Phi Beta Sorority, Inc. is hosting a night of art and culture at their annual Jazz 'N' Stanzaz Event. All students and faculty are welcome. There will various performances of poems, singing, and more. If you are

Jazz 'N' Stanzaz

makayla_williams10@baylor.edu.

ZETA PHI BETA SORORITY, INCORPORATED NU IOTA CHAPTER PRESENTS:

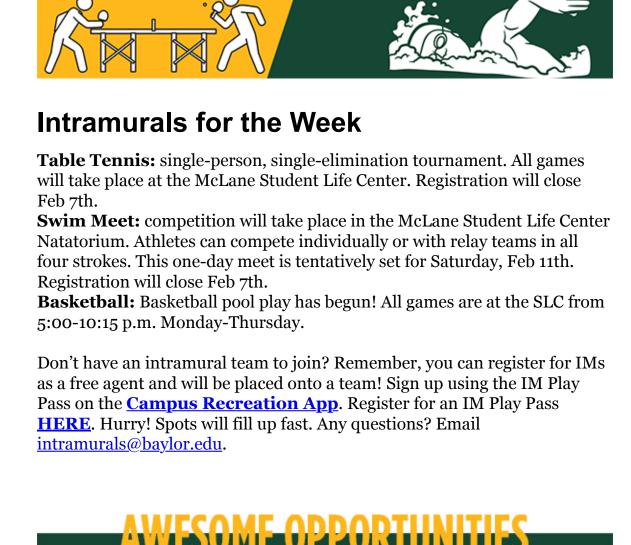
STANZAS

A night of art & culture

Table Tennis

Swim Meet

REGISTRATION CLOSES



Baylor University

SATURDAY, 11 FEBRUARY

START AT

FREE **ADMISSION**

NUTRITION TIPS

9:00 AM - 2:30 PM

BAYLOR BARFIELD DRAWING ROOM

1325 S. Fifth St., Waco

Lunch included for the first 200

DEPARTMENT OF WELLNESS

FIT & WELL EXPO

TIPS TO BE "AWESOME" IN 2023

& WORKOUT BREAKS

W/ VAN DAVIS!

FLU, RSV, AND COVID-19, UNDERSTANDING TRIPLEDEMIC SELF-LOVE TIPS

WHOLENESS &

AWESOME

PAIN FREE TIPS FIT TIPS BALANCE TIPS JOHN WELDON, PT, DPT, CFMT KELVIN ROBINSON, CFT CONTACT US: (254) 716-8605 **OR USE LINK BELOW!** Sign up https://bit.ly/3QoX7aF EMAIL: Van_Davis@baylor.edu 2023 FIT & WELL EXPO The Department of Wellness and Be Awesome Now are partnering to sponsor the 2023 FIT & WELL EXPO on Saturday, February 11 from 9 a.m.-2:30 p.m. at the SUB Barfield Drawing Room. The event will feature nutrition tips with Regina Mastin, Baylor Counseling; fitness tips with Kelvin Robinson, HighPower Fitness; pain free training tips with Dr. John Weldon, Welldone Physical Therapy; self-love tips with Emily Fields, Refit Waco; understanding tripledemic risks with Benjamin Ryan, Ph.D., Baylor Environmental Science; and wholeness & balance tips with Jon Singletary, Ph.D., Baylor School of Social Work. The Expo is free for all students, faculty, and staff. Lunch will be included for the first 200 registrants. To register, click **HERE**. For additional information, email Dominque_Hill@baylor.edu or Van_Davis@baylor.edu. Now Open

in the SUB

Your customer service team for financial aid, billing and payment needs.

Baylor University



March 4-11 Why walk when you can float? Outdoor Adventure has added a new Spring Break trip! Paddle down the scenic Rio Grande camping along the banks each night under a blanket of stars in the big Texas sky. Explore spectacular canyons from a whole new perspective! Total cost is \$500. Interested? Email campus rec@baylor.edu

BAYLOR UNIVERSITY

open!

BIG BEND CANOEING RIO GRANDE, TEXAS \$500 Spring Break Trip: Big Bend Canoeing



With its' punishing hills and challenging competition, the Bearathon, known regionally as "The Toughest Half in Texas," is back! This year, the Bearathon celebrates its' 20th Anniversary in one of the most challenging courses yet. The race will be held throughout Waco on March 25th, 2023. Get more

If you have items you would like to see appear in What's New BU,

Stay connected with Student Life

information **HERE** or email bearathon@baylor.edu.

THE 20TH ANNIVERSARY OF



