

# When YOU speak up...

"Have more resources  
and activities that  
promote wellbeing and  
uplift spirits of students "  
- Senior survey



## ...we HOP TO IT!

Well-being launched "This Week in Well-Being" a weekly newsletter than promotes all the well-being focused programs and services. Sign up at: <https://wellbeing.jhu.edu/subscribe-to-this-week-in-well-being/>