Welcome new students and those returning for a new academic year. I hope everyone feels rested and ready for the challenges that lie ahead. Stop by and check out our wellness library filled with books and magazines related to mindful living, nutrition, stress management, fitness, and more! We have meditation CDs and yoga DVDs that we would be happy to lend to you. Our Center for Wellness Promotion website offers a fifteen minute online meditation and a series of stretches that you can do at your desk. Or you can design a running (or walking) route and learn about local hiking areas accessible by metro. We also post a list of upcoming programs and activities on the site.

Our office is located in McDonough 167, and we invite you to stop by and say hello. We’re just around the corner from Student Life. We hope you have a great semester, and if we can assist you in any way, please let us know.

Yours in Health,
Karen Pierce
Director of Wellness Promotion and Club Athletics

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Enjoy the Local Sights!

We are lucky to be in a great city surrounded by history, exciting events, and fun places to see. Take the time to visit some of these nearby sights.

- **Portrait Gallery** – Located just a few blocks away at Eighth and F Street NW, the Portrait Gallery is home to some incredible pieces. The museum is open daily from 11:30 am until 7:00 pm. It’s free!
• National Museum of Natural History – Visit the second most popular museum in the entire world! This museum has over 126 million specimens of plants, animals, fossils, minerals, rocks, meteorites, and human cultural artifacts. The museum is located on 10th Street and Constitution Avenue NW and is open every day from 10:00 am - 5:30 pm.

• Museum of American History – Check out all things Americana at this fun museum located at 14th Street and Constitution Avenue NW. Open daily from 10:00 am - 5:30 pm with special extended hours until 7:30 pm several days per month.

• The International Spy Museum – Enter the covert world and learn about history’s greatest spies as well as some of your favorites from the silver screen. The museum is located at 800 F Street NW and is open every day from 10:00 am - 6:00 pm. Although admission is not free like many other DC museums, the ticket price is definitely worth the experience.

• National Air and Space Museum – This museum holds the largest collection of historic aircraft and spacecraft in the world. Almost all aircraft on display are originals, including the Wright Brothers’ plane. The museum is located at Independence Avenue and 6th Street SW and is open daily from 10:00 am - 5:30 pm.

• The National Postal Museum – An exciting glimpse into the history of the postal system is located just a few steps away from campus at 2 Massachusetts Avenue NE. Open from 10:00 am - 5:30 pm, be sure to stop by.

• The National Zoo – Spend the day at this 163 acre zoo to check out all of your favorite animals from around the globe. The zoo is open every day from 6:00 am - 8:00 pm, and admission is free!

These highlights shouldn’t be missed!

Hoyas in Recovery. Has alcohol and/or drugs been a problem for you in the past? Are you interested in meeting a group of like-minded, sober GULC students who are in recovery or seeking recovery from such issues? Students meet every Sunday night from 8:00 pm – 9:00 pm in McDonough 220. Email soberdclawstudents@gmail.com with questions.

Student Health Insurance

Sept. 15th is the deadline to accept or waive the student health insurance. If you do nothing, you will have purchased the insurance. A link to the insurance information can be found at
http://studenthealth.georgetown.edu/insurance. For questions, contact Karen at piercekl@law.georgetown.edu or the main campus insurance office at shi@georgetown.edu or 202 687-4883.

The law center’s Student Health Center will have a delay in opening this semester (anticipated date for opening is September 15). Students can be seen at the main campus student health office located at One Darnall Hall, next to the GoCard office and Epicurean Restaurant. The main campus center is open from 8:30 am – 4:30 pm Monday through Friday. To schedule an appointment, call 202 687-2200. Shuttle bus information to take you to and from main campus can be found at http://otm.georgetown.edu/guts/index.cfm?fuse=law.

CAPS (Counseling and Psychiatric Services) is located on the lower level of Gewirz. Appointments can be made by calling 202 687-6985.

RAD BASIC DEFENSE FOR WOMEN

This nine-hour course in self-defense is designed to develop and enhance a woman’s options by providing information on risk reduction and hands-on techniques against various types of assault, utilizing easy, effective and proven self-defense tactics. It’s free! To register for one of the classes or for more information, contact Karen at piercekl@law.georgetown.edu

Classes will be held:

Sept. 18, 25, and Oct. 2nd 1:30-4:30 pm (must attend all classes)

Oct. 16, 23, 30th 1:30-4:30 pm (must attend all classes)
Ways to Wellness
Appreciate life ● Cultivate friends ● Learn to meditate ● Do something nice for yourself ● Cut back on sugar ● Learn to breathe deeply ● Walk briskly ● Control your stress ● Go bananas for fruit ● Stay active ● Give up smoking ● Sooth your fears ● Challenge your mind ● Keep up with checkups ● Budget time and money ● Forgive and forget ● Keep a positive attitude ● Enjoy the outdoors ● Value your vegetables ● Laugh ● Exercise your mind, body, and spirit ● Eat a balanced diet ● Knock out bad fats ● Drink green or black tea ● Think happy thoughts ● Get a massage ● Rinse fresh fruits and vegetables ● Take medicines as directed ● Do self-exams ● Socialize ● Give people more than they expect and do it cheerfully ● Slow down ● Moderate drinking ● Cherish your values ● Eat smart ● Be gentle with the earth and foster a Green environment ● Walk miles each week ● Avoid overload.

THOUGHT FOR THE DAY...

Life isn't about finding yourself. Life is about creating yourself.
George Bernard Shaw