We are a group of UR students trained to educate peers about college health and wellness issues in a positive and non-judgmental manner. Attend any meeting on Thursdays @ 5 pm in the Student Health Center to learn more!

What’s your pleasure? Come to the Forum for Pleasurefest: The Carnival of Health and Wellness to practice well-being in all eight dimensions of wellness! Swag, prizes, giveaways and food will be available! Rain location is Gottwald.

Did you know that 4.5 TRILLION cigarette butts are littered per year? Visit the Student Health Center for quit kits, coaches, one-on-one appointments, and information about nicotine products and cessation. Contact urairismyair@richmond.edu for more information.

Please show your support and participate in these University of Richmond SAAM campus events:

- Take Back the Night | April 2, 6pm (Indoor Speak-Out in Alice Haynes Room) & 7:30pm (Outdoor Speak-Out in The Forum)
- The Clothesline Project Display | April 2, 10am - 5pm | Gottwald Atrium | Sponsored by the WIL* Program and CARE
- Wear Teal Day | April 7
- Denim Day | April 29
- Wear Teal Day | April 7
Teal is the color of sexual assault awareness and prevention. On Tuesday, April 7, we invite the entire UR community to wear teal to serve as a conversation-starter for important issues about consent, respect, and supporting survivors. Stop by the CARE Lobby in Sarah Brunet Hall to pick up a teal ribbon.

- Denim Day | April 29
Wear denim to show solidarity with survivors of sexual violence! Post pictures of you, your organization, or your department in denim using #URDenimDay2020 on social media! Request Denim Day buttons at bit.ly/URDenimDayButtons

- Did you know that 4.5 TRILLION cigarette butts are littered per year? Visit the Student Health Center for quit kits, coaches, one-on-one appointments, and information about nicotine products and cessation. Contact urairismyair@richmond.edu for more information.

JOIN THE WELLNESS EDUCATION BANDITS!

University of Richmond’s first student-run health and wellness blog! Includes organization tips, recipes, work out ideas, wellness hacks, and more! Visit https://urhealthyandwell.tumblr.com