

Wellness Center Presents

January 2021

Issue 24: Winter Mindfully



@wellnessatPC
@CASSAPNY

BATHROOM TALKS

for the captive audience...



Winter Mindfully

What does it mean to "Winter Mindfully"? Visit our Wellness Webpage to find out more about that and other mindfulness programming we have coming for Spring 2021.



Meet Robbie



Counselor at the Wellness Center
Certified Yoga Teacher
Mindfulness and meditation enthusiast
Loves to camp
Traveled to India with Purchase's International Programs



New Year's Resolution to quit smoking?

The majority of Purchase Students do NOT use tobacco or cannabis products. Contact NY Quit Line for more resources!



A HAPPY NEW YEAR



I HOPE YOU HAVE

The Counseling Center is here to help

Call 914-251-6390 to set up a confidential appointment.
NYS COVID Emotional Support Hotline
1-844-863-9314

Do you create art without the use of substances?



Enter our Clearly Genius Art Contest for a chance to win \$50 and get your work displayed on our social media!