Who We Are

The William Magee Center for AOD & Wellness Education is dedicated to transforming students' lives by providing education, intervention, and support services to enhance wellbeing and foster success at the University of Mississippi.

We host programming and offer services related to holistic wellbeing, substance use and harm reduction, and disordered eating and body positivity. Our goal is to create a culture of wellness at the University of Mississippi by improving access to campus resources and supporting students on their journey to holistic wellness.

In the inaugural issue of WellRead, you'll find gameday safety tips, learn how to recognize signs of disordered eating, discover how to get involved with the WMC's work, and more!
# Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>September 15</strong></td>
<td><strong>Wellness Walk</strong></td>
<td>Enjoy the beautiful fall weather with a brisk walk around the Circle. Meet at Union Plaza, 12:15pm</td>
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<tr>
<td><strong>September 19</strong></td>
<td><strong>Body Appreciation Mirror</strong></td>
<td>Write something you like about your body on the Comprehensive Eating Disorder Program's mirror. J.D. Williams Library, all week</td>
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<td><strong>September 21</strong></td>
<td><strong>#UMListens Board</strong></td>
<td>Come take an emotions button and start a conversation about mental health. Union Plaza, 11am</td>
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<td><strong>September 24</strong></td>
<td><strong>Sober Tailgate (@Tulsa Game)</strong></td>
<td>Enjoy a substance-free tailgate before you cheer on the Rebs! Yerby Hall, 4 hours before kickoff</td>
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<td><strong>September 29</strong></td>
<td><strong>Wellness Walk</strong></td>
<td>Enjoy the beautiful fall weather with a brisk walk around the Circle. Meet at Union Plaza, 12:15pm</td>
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<tr>
<td><strong>October 7</strong></td>
<td><strong>FRIES-day Friday</strong></td>
<td>Enjoy free french fries and learn about consent and sexual wellness! Business Row, 11am</td>
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<tr>
<td><strong>October 10</strong></td>
<td><strong>Body Appreciation Mirror</strong></td>
<td>Write something you like about your body on the Comprehensive Eating Disorder Program's mirror. J.D. Williams Library, all week</td>
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To access our full list of upcoming events, [click here](#)!
Wellness Tip: Post-Game Safety

Now that football season is here, we want to make sure you know how to get home safe.

- **Safe Rides** shuttles run Thursday -Saturday between the Oxford Square parking garage and multiple on-campus locations.
- **Game Day shuttles** run from 6 AM to two hours post-game between the Jackson Avenue Center and Paris-Yates Chapel.
- **Rideshare apps** are great too! Be sure to:
  - Share your location with someone you trust
  - Check the license plates before you get into the car
  - Ride with a friend when you can.
In the Kitchen: No-Bake Protein Balls

Ingredients
- Oats, 4 1/2 tablespoons
- Nut butter (your choice!), 6 tablespoons
- Chocolate Chips, 2 1/8 tablespoons
- Ground Flax, 2 1/8 tablespoons
- Chia Seeds, 2 1/8 tablespoons

Steps to Assemble
- Add all ingredients to a large bowl. You can add more or less of each ingredient based to your preferences!
- Stir to combine.
- Refrigerate for 15-30 minutes.
- Take out of refrigerator and roll into bite-sized balls.

Wellness Tip: Disordered Eating 101

Disordered eating is a blanket term for any irregular eating behaviors. Disordered eating behaviors do not always progress into full-blown eating disorders, but it is important to be aware of the signs in yourself and others.

Examples of Disordered Eating Behaviors
- A preoccupation with one's weight, food, or body image
- Having rigid rules around food and eating
  - E.g., only eating certain types of food or cutting food into tiny pieces
- Skipping meals and avoiding events where there may be food present
- Planning daily activities around exercise

What to Do if You Notice a Friend's Disordered Eating
- Educate yourself on eating disorders before you approach them.
- Approach your friend in a respectful, private manner to share your concerns.
- Try to connect them with a mental health professional.

Click here for more information on the Comprehensive Eating Disorder Treatment Team.
What Have We Been Up To?

**Speed Friending**
We were thrilled to partner with Non Greek Outreach to run Speed Friending for incoming students on August 17th. So many students attended that we took up a full classroom and the lobby of Bryant Hall!

**RebFest**
We always love participating in RebFest! We ran our Money Pit Machine, where students could play to win prizes, and handed out different harm reduction kits.

**Triple Table Tuesday**
We had a very successful Triple Table Tuesday at the Involvement Fair on August 23rd. We provided information about our various services and asked students their views on healthy relationships.

**UMListens Board**
We partnered with Active Minds to host the UMListens Board during the Involvement Fair on August 24th. Students were invited to take a button that represented how they were feeling and talk about their mental health.
Staff Shoutout!

OUR MINI MARKETING TEAM: who they are and what they do

Sadie Britton
Graduate Assistant
Year: 2nd-year Master's
Program: Higher Education/Student Personnel
"My favorite part of working at WMC is feeling like I'm making a difference on campus."

Mary Kate Nelson
Student Wellness Representative
Year: Senior
Program: Digital Marketing
"I enjoy the fun and comfortable work environment at the WMC."

Palace Roby
Student Wellness Representative
Year: Senior
Program: Fashion Promotion and Media
"I enjoy being the hands and feet of the WMC and being able to work hands-on with students in multiple ways."

Christopher Tyrrell
Student Wellness Representative
Year: Junior
Program: Film Production
"I like taking time from my busy schedule to make serving others a priority by working at the WMC."

Alexz Carpenter
Student Wellness Representative
Year: Senior
Program: Biology major, Society & Health minor
"I am excited to work with the WMC to support UM students with their needs!"
Book a WellChat today!

During a WellChat, you will meet 1-on-1 with a trained member of the WMC staff to discuss your personal wellness needs and concerns.

We will work with you to conquer academic stress, reduce substance use, navigate relationship concerns, take better care of your physical body, and more. Let us help you create a plan that will cultivate a healthy student experience during your time in college and beyond.

Plus, WellChats are totally free for students!

For more information and to schedule a WellChat, click here!

Getting Involved with the WMC

Student Wellness Ambassadors
The Student Wellness Ambassadors are a registered student organization supervised by the WMC who host health-related programming and serve as peer health educators on campus.

For more information about SWA, connect with them on the ForUM and follow them on Instagram.

Employment with the WMC
The WMC periodically hires new Student Wellness Representatives, Follow us on social media to be notified about when we are hiring!

For information about assistantships, internships, site rotations, and practicum experiences for graduate students, please visit our website.