

LANCER

WELLNESS

January 2018



Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancerwellness and follow us on Instagram @cbu_lancerwellness

Excellence in Higher Education

As we have begun to embark on a new semester I am reminded that we are on a journey. In this case, an academic journey. One that will (hopefully) take us to new academic heights. We will encounter, learn, grow, and discover new things in new ways. This journey however, is not always one that take us from point A to point B. We mostly likely won't travel in a straight line. There will be hills and valley, mountains to climb, and streams to wade through. We will have both difficult and exhilarating experiences on this journey. Our experiences will be unique, but we won't be alone. My semester started in a major valley, or maybe you could say with a swift fall off of a cliff. I got a terrible phone call informing me that my best

friend of 25 years had passed away in a freak car accident. This made for a tough start to the semester. But alas, the journey continues. The semester didn't stop because I had a terrible life experience. Yes, my co-workers and students were caring and understanding. The academic calendar? Not so much. The days kept turning and beckoned me to go on. To be a good teacher, mentor, and boss. This is the point. Each of us will experience different things some good, some great, some not so great, or even terrible. We must keep afloat though, we must push on. We must not give up, but press on toward the goal of learning and obtaining a college degree. It may be hard, but don't give up!

Michael Osadchuk, M.A.
Coordinator of Academic Success
Office of Student Success

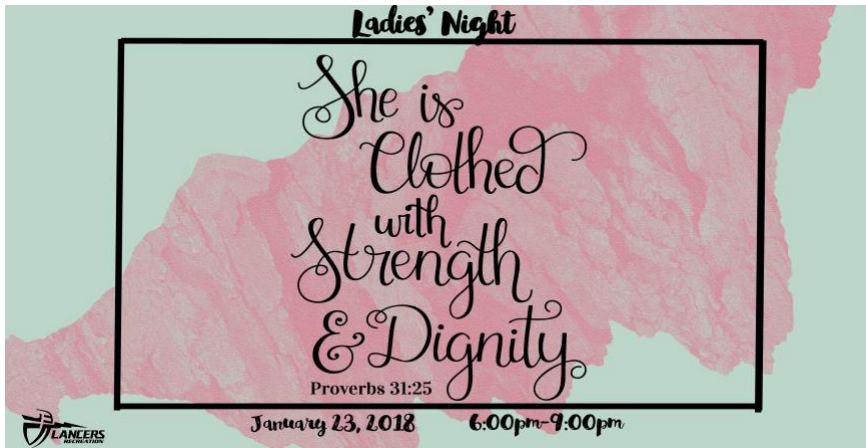


GROUP X

Group X classes for Spring 2018 start on January 8th! For the schedule, visit our website at www.calbaptist.edu/recreation then click "Recreation Center"!

Calling all Lancer Ladies' and Men

Nutritional Wellness



GREEN GOODNESS SMOOTHIE

INGREDIENTS

- 1/2 cup green apple, diced
- 1 skinned kiwi
- 1 cup spinach leaves, packed
- 1 cup frozen pineapple
- 1/2 cup coconut water

INSTRUCTIONS

1. Combine all ingredients except frozen fruit in a blender and blend on high until thoroughly mixed.
2. Add frozen pineapple and blend on high until pureed.
3. Pour into a glass and serve!

SPOTLIGHT MEMBER

Emilee Thomas

What impact has investing in your spiritual wellness had in your life?

“Investing in my spiritual wellness has given me a new perspective on how I view life. It has allowed me to have hope and a positive outlook in the hard times. Also, it has shaped who I am and my actions.”

To learn more about Emilee's journey, visit www.calbaptist.edu/lancerwellness

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