



# HEALTHY LIVING CLUB

Mental health, physical health, and  
current health issues.

join the email list: [https://docs.google.com/forms/d/e/1FAIpQLScJHhQDI\\_mTP1dBNv-Lpr0lcLVBkht\\_18LI5GNfqpK3fxiE5w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScJHhQDI_mTP1dBNv-Lpr0lcLVBkht_18LI5GNfqpK3fxiE5w/viewform?usp=sf_link)

# Healthy Living Team

**Your wellness advocates**

**NOORA FAYAD**

President

**SONIA PURISAI**

Vice President

**RIA PURISAI**

Secretary

**JOEL KIM**

Treasurer



# Today's Agenda

## Key talking points



What is Healthy Living?  
What has Healthy Living done?  
Who is Healthy Living working with?

Future  
Raffle!!

# Healthy Living

Our mission at The Healthy Living Club is to get educated on healthy living practices, nutrition, and current health issues. This club's purpose is to contribute to the community, locally and globally, through monetary aid where they support people that are suffering from nutrition-related issues, and more. One of the goals of the Healthy Living Club is to educate our community about the changes in nutrition-related to the current health crisis, COVID-19, ways to boost the immune system, nutrition, have food drives to help the communities in need, and mental health awareness. In addition, this club will discuss and incorporate new ways to have a healthy lifestyle by infusing exercise into our daily routines.







# WHAT HAS HEALTHY LIVING DONE?

WELLNESS KITS (LAST SEMESTER)  
WINTER HOMELESS DRIVE  
WELLNESS KITS THIS SEMESTER  
WELLNESS GROUP





# WHO IS HEALTHY LIVING WORKING WITH?

## TETA CARES

Non-profit organization that works on overall wellness but is focusing on COVID-19  
[tetacares.com](http://tetacares.com)

## MENTAL HEALTH INITIATIVE

Student-run non-profit that works to destigmatize mental health and build a connection between parents and students/children to discuss mental health

## WELLNESS CENTER

Wellness group - wellness kits

# Future

## MAGAZINE

Students submit creative art, writing, and/or other pieces that showcase what they are going through. It is a way for students to feel heard. Working with MHI on this!

## WELLNESS KITS PART 2

Doing another round of wellness kits RIGHT NOW!!

## WEBINARS

We want to host webinars with mental health professionals, students, and even parents to break down the walls about mental health stigmas in our community and society.

