outside their comfort zone. Things being open to new opportunities provides growth and challenges one to go beyond their usual boundaries. Eleanor enjoys walking around campus. Her advice for undergrads is to get involved and try new things. She has been involved in a variety of organizations and activities, including the Center for Student Wellness, the Clothesline Project, and the ACE peer health education program.

Eleanor’s proud moments are seeing the results of all her hard work. She has helped others to think critically about their career options and has been involved in the development of new events and collaborations across campus. Eleanor played a significant role with the Clothesline Project during Domestic Violence Awareness Month and the Southwestern Aids Alliance Domestic Violence Awareness Conference. She is an ACE peer health educator at the Center for Student Wellness.

Eleanor is from Chicago and chose the University of Utah because of her interest in nursing and her passion for hiking. During her undergrad, she has been open to lots of new ideas and explorations. She has helped her gain mentorship, which has brought new opportunities to help her think of career paths. Being involved with the Center for Student Wellness has given her the chance to develop her skills as an educator, and she is part of the wellness group that focuses on mental wellness. As a wellness coach, she provides education and support to help others develop healthy habits.

Our mission is to cultivate a holistically well and safe campus community. We believe that wellness and safety are foundational for success and that equitable access to inclusive wellness services, education, and support will create a more resilient, thriving community. The Center for Student Wellness is a comprehensive wellness office that provides education, resources, and support to promote well-being and safety on campus. Our programs and services are designed to empower individuals to take control of their health and create a campus community that values and supports well-being.

### Campus Rec Happenings

**Bob Ross Paint Along**, November 16, 6pm

There is still time to register! All levels and abilities welcome! Learn more and register [here](https://example.com).

**SENDsations Climbing Competition | 11/8-20, $10**

The Center, the Fit3D scanner is quick, easy, and private. See drop-in clinic dates and [register](https://example.com).

**Next Clinics:**

- 11/15: Building Climbing Anchors
- 11/17: Bouffant Climbing

Outdoor Adventure Clinics, 6pm, FREE

Outdoor Adventures is offering [safety training](https://example.com) in the great outdoors. Mark your calendars for our next [Clinic](https://example.com).

### COVID-19 Resources

**Covid-19 Symptoms**

- [Coronavirus.utah.edu](https://coronavirus.utah.edu)
- [General Campus Questions Hotline](801-587-0712)
- [Vaccine Opportunities](https://example.com)

**COVID-19 Testing**

- Salt Lake County Health Department: [Register Online](https://example.com), [801-213-2874]
- University of Utah Health: [Schedule Test](https://example.com)

**COVID-19 Vaccine**

- [Register Online](https://example.com)
- [801-213-2874]

**COVID-19 Resources**

- [Healthline](https://example.com)
- [Centers for Disease Control and Prevention](https://example.com)

**COVID-19 FAQ**

- [https://example.com](https://example.com)
- [https://example.com](https://example.com)

**COVID-19 Updates**

- [Department of Health](https://example.com)
- [University of Utah Health](https://example.com)

**Masking Policy**

- [University of Utah Health](https://example.com)
- [https://example.com](https://example.com)

### Other Events

- **Native American Heritage Month**
  - **What is American Indian Heritage Month?**
  - **Why is it Celebrated?**
  - **What are some Celebrations?**

- **Veterans Day**
  - [Read the full story](https://example.com)

- **Outdoor Adventures**
  - **Gym Exercise Clinics**
  - **Hiking Clinics**

- **Mascot History**
  - **1980s**
  - **2000s**

- **Inclusive Community**
  - **United Way Day of Caring**
  - **Rainbow Week**

- **Student Affairs Information**
  - **SADC Pursuit of Inclusion Award**
  - **Leadership Awards**

- **Upcoming Events**
  - **2021 Inclusion Awards Ceremony**
    - [See the full list](https://example.com)
  - **Veteran of the Year**
    - [Submit Nomination Here](https://example.com)

- **Student Affairs Communication**
  - **Student Affairs@Utah.edu**
  - **801-587-0712**
  - [Subscribe](https://example.com)
  - [Archive Newsletters](https://example.com)

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**For more details about events, visit [https://example.com](https://example.com)**

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**University of Utah.**

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**We are taking a break from the all-staff meeting All-Sta Meeting Schedule**

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**We're taking a break from the all-staff meeting this week!**