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## Email Success Notification: Holy Cross Parent and Family Newsletter

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customersupport@imodules.com <customersupport@imodules.com>  
Reply-To: noreply@imodules.com  
To: cdoane@holycross.edu, families@holycross.edu, khardy@holycross.edu

Fri, Jul 12, 2024 at 5:05 PM

Dear Administrator,

Your **PFE - Incoming July 12** campaign was sent on 07/12/2024 around 4:05 PM CST. This email was sent to 1412 recipient(s).

Below is a copy of the message your recipients received.



adults. In this newsletter, learn about key offices that support this work. Students also have several approaching deadlines, so be sure to check out the upcoming deadline reminders!

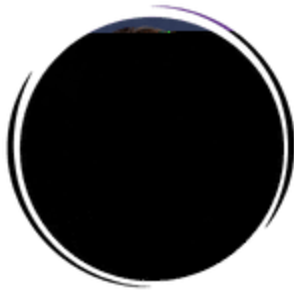
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## MENTAL HEALTH AND WELLBEING

### STUDENT WELLNESS EDUCATION

The Office of Student Wellness Education (SWELL) supports students in their wellness journey – mind, body, and soul – so they can thrive during their time at Holy Cross. They strive to help students feel empowered to make the best decisions for themselves and cultivate behaviors that contribute to sustainable, life-long wellbeing.

As you prepare to send your student to campus this fall, they encourage you to have some important conversations with your student. Research shows that parents and families hold significant influence when it comes to their college student's choices around alcohol and other drug use. Parents have the ability and opportunity to shape their student's choices at college by having conversations that are open, informed, direct, and ongoing throughout their



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## CAMPUS RECREATION

The mission of the Office of Campus Recreation (located in the Joanne Chouinard-Luth Recreation & Wellness Center - "The Jo") is based on the Jesuit ideal of Cura Personalis, having concern and care for the personal development of the whole person. The office supports students in the exploration of recreational interests by offering a wide range of recreational activities through competitive, instructional, informal, and recreational leadership opportunities. Activities vary in level of commitment and include club sports, intramurals, and group exercise classes; focusing on strength, cardio and mind/body. [Learn more](#)



### Facilities

There are two fitness centers on campus: The Jo and the Loyola Fitness Studio. They both feature cardio and strength equipment. The Jo also offers gymnasium courts, an indoor track, and spin and multipurpose studios.



### Fitness Orientations

Fitness orientations are a great way for students to become familiar with working out. They include a tour of the facilities and guidance on how to use the weight machines and cardio equipment and are very much catered to each student's interests.



### Group Fitness Classes

A wide array of free classes are offered including yoga, cycling, pilates, and strength training. Instructors lead students through a workout catered to their fitness level and provide a fun, effective and easy-to-follow workout.



### Open Recreation

Open Rec is available daily to allow for drop-in, casual play. Activities vary from basketball to volleyball, pickleball, and badminton. No experience is needed and equipment is available to borrow at the welcome desk.



### Intramural Sports

Intramural sports offer the opportunity for short-term, low commitment sports leagues among Holy Cross students. A season typically lasts for 4-6 weeks, and each team plays one game per week. Students can register as a whole team, or as an individual and we'll help place them on a team.



## Club Sports

Club sports are student-run organizations that not only offer practices and competition around a common interest in a particular sport, but also offer leadership development opportunities. When in season, clubs usually practice a couple times a week and compete against other college's club teams on the weekends. A list of current clubs can be [found online](#).

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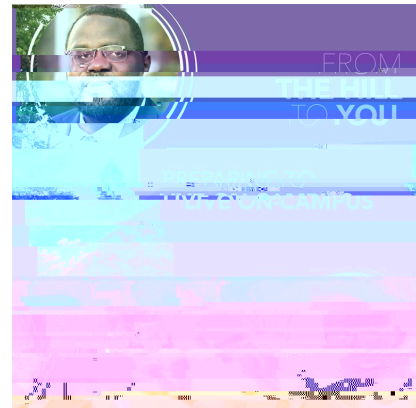
## UPCOMING EVENTS

### "FROM THE HILL TO YOU: PREPARING TO LIVE ON-CAMPUS"

**Monday, July 29 | 7:30 p.m. ET**

As the arrival to campus approaches, students and their families are invited to join us to learn more about what to expect while living in the residence halls. Staff from Residence Life and Housing, and Gateways Orientation, will help prepare you for what to expect from move-in and students' first few weeks on the Hill.

[Register](#)



Past webinar recordings can be found [here](#).

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### HC CONNECTS: VIRTUAL (FAMILIES)

**Tuesday, July 23 | 8 p.m. ET**

Parents and guardians are invited to join us for this virtual gathering. Participants can connect in small break-out rooms and have a chance to ask questions of current Holy Cross parents!

[RCTS](#)

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[Collegiate Concepts](#) is an approved vendor for students to rent a micro-fridge (one y ' M

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