

wellness resources at moore

College is the first time that many students are living independently and among peers. Throughout your time at Moore, we're here to help you manage your physical and mental health, and to provide a safe campus environment. We're pleased to offer a variety of services for students, all of which are connected to the eight tenets of our Wellness Wheel.



EMOTIONAL

- Seek out individual and group counseling with a full-time licensed mental health counselor: sgant@moore.edu



FINANCIAL

- Visit Moore's Resource Pantry for essential items in the Student Affairs Office
- Get access to emergency aid, transportation assistance and meal voucher support: moore.edu/inclusivity
- Earn money without leaving campus through Moore's Work Study program! Learn more: finaid@moore.edu
- SmART with Money is Moore's Financial Wellness program. Log into www.cashcourse.org with access code 4914 to learn about budgeting, credit, student loans, and more!
- Need someone to talk with about money troubles? Visit the Financial Aid office on the 2nd floor of Wilson for financial wellness counseling!



SOCIAL

- Follow [@moore_campuslife](https://twitter.com/moore_campuslife) to stay in the loop about ways to engage with fellow students
- Discover student clubs and organizations: moore.edu/clubs
- Take part in pop-up Wellness events during common hours like painting, embroidery, visual journaling and more



SPIRITUAL

- Attend yoga classes for students taught by our very own President Cathy Young
- Take time for yourself with fun and relaxing workshops and programs hosted by The Galleries at Moore, Connelly Library and Writers Studio
- Enjoy scenic walks and outdoor time along the Benjamin Franklin Parkway and nearby Schuylkill River Trail and Fairmount Park



OCCUPATIONAL

- Visit Moore's Locks Career Center, a lifelong resource that provides vital career support and skill-based programming: **moore.edu/locks-career-center**
- Get a \$1,000 paid internship between junior and senior years: **moore.edu/internships**
- Join Connect Moore, our networking and job board platform for students and alumni: **connect.moore.edu**
- Use the link below to access business and community freelance opportunities shared with the Locks Career Center (LCC).



Freelance Opportunities



PHYSICAL

- See our full-time registered nurse for comprehensive health services, including over-the-counter health supplies: **healthservices@moore.edu**
- Free Planet Fitness membership for all students, at any location in Philadelphia: **planetfitness.com/gyms**



INTELLECTUAL

- Get connected to peer tutoring, one-on-one writing support, academic advising, skill-building workshops, time-management coaching and ADA accommodations: **moore.edu/academic-resources**
- Take your learning beyond the classroom with a fellowship: **moore.edu/fellowships**
- Moore's Visionary Honors Program provides Leadership and Academic paths designed to help you achieve your goals: **moore.edu/vhp**



ENVIRONMENTAL

- Living in Moore's residence halls? Talk to your RA about activities and learn about residence life: **moore.edu/residence-life**
- Relax, study or meet up with friends in common spaces like the Connelly Library, Dining Hall, Gaming Lounge, and several student lounges and courtyards: **moore.edu/campus-life**
- Unwind in The Galleries at Moore among work by students, alumni and internationally known artists and designers: **thegalleriesatmoore.org**



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