



Something in the Air

RUTGERS SASHP NEWSLETTER

Wednesday, February 9, 2022

Dear SAS Honors Program Students,

It is always awkward to write about holidays on the day-of in this newsletter because 9 times out of 10 any themed events the Honors Program hosts are several days before. So, despite the holiday being next Monday, today's issue is all about the day of love. Even though it acts as a commercial holiday in the United States (and sells a staggering amount of goods), Valentine's Day carries a wonderful message: the importance of love. Obviously, there is the romantic love that the holiday is most known for, but Valentine's Day is also a celebration of love between friends, families, strangers, and most importantly the self. Regardless of which of these types of love you best fall into, keep it simple and take the day to do something nice for someone.

You can start with some of this week's events/announcements. Celebrate the holiday right at the **SASHP Who's Your Pal-entine Event**. Tour one of the university's best remedies for boredom with an upcoming **Art Library Guided Tour**. Considering pursuing medicine? Learn from a veteran of the field by attending **Zoom with Dr. Paul Dicker**. Identify solutions towards your future wellness goals by signing up for a **Wellness Coach**.

Warm Regards,
Justin Confalone
Your newsletter editor

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SASHP Newsletter

Events/Announcements

Who's Your Pal-entine Event

Find your SASHP Pal-entine at the upcoming **Who's Your Pal-entine Event!** This afternoon of speed-friending will have you sit down with fellow SASHP students in hopes of finding your next pal-entine or simply meeting more people. This event takes place this **Fri, Feb 11 at 3pm EST via Zoom** and requires an **RSVP**. Register [here](#).

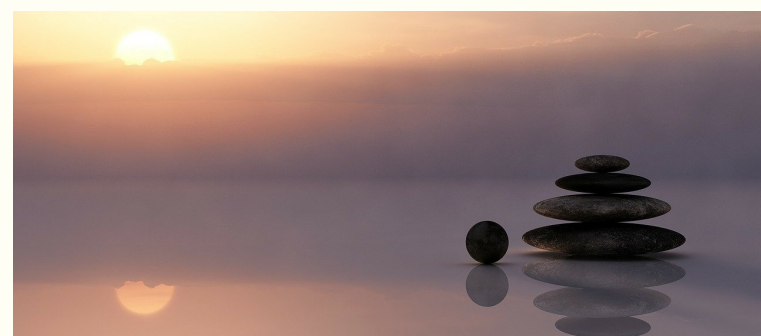


Art Library Guided Tours

Come and visit the **Art Library on College Ave** for a guided tour of the incredible exhibitions currently on display. The **Rutgers Art Library** exhibits various artists throughout the year and in my opinion, is one of the most relaxing spots on campus. Tours are available on **Feb 15 at 11 am EST, Feb 16 at 2 pm EST, Mar 1 at 12 pm EST, Mar 2 at 11 am EST, Mar 8 at 3:30 pm EST**, and will all offer ample opportunities to ask questions. This event satisfies an **Honors Colloquium outside event**. Register in advance [here](#).

Zoom With Dr. Paul Dicker

Join '88 alum **Dr. Paul Dicker** on **Tues, Feb 22 at 8pm EST** for his next **Zoom event**. After Rutgers, Dr. Dicker attended NYU Medical School and completed residency at the NYU/Bellevue Medical Center. Today, he is a board member of Lifeline Medical Associations. Asking Dr. Dicker about his trials and tribulations will be incredibly beneficial for students pursuing a career in medicine. I'm told these events fill up **very quickly** so find more info/RSVP [here](#).



Rutgers Wellness Coaches

Looking to reach your goals or turn a new page in life? Sign up for a **wellness coaching session** with Peer Coaches and certified ACE (American Council on Exercise) behavior change specialists. A **Wellness Coach** is meant to help you focus on your present situation and help guide you towards your future wellness goals. Find out more/sign up [here](#).

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