

PERSONAL CURRICULUM

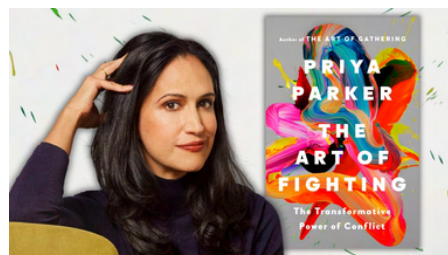
HEALTHY HABITS



LNDL RESOURCES

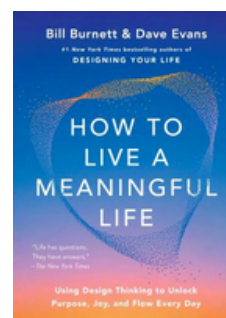


- SAGE Skills
- Kanopy
- Swank
- Leisure Reading Collection



- Library Speaker Series
- Spend time on the patio!
- Check out a white noise machine!

- How to live a meaningful life – Bill Burnett
- What to cook when you don't feel like cooking – Caroline Chambers
- Healing the body – Drew Leder (Loyola)
- Cycle Maryland – Bryan MacKay



LOCAL ACTIVITIES AND EVENTS



- Go for a walk at Wyman Park
- Creative Alliance
- Yoga at the National Aquarium
- Yoga at the Zoo
- 2026 Greater Maryland Heart Walk
- Waterfront Wellness



FUN FACT!

LNDL HOSTS "STRESSBUSTER"
EVENTS EACH SEMESTER TO HELP
STUDENTS RELAX DURING FINALS

lndl.org

PERSONAL CURRICULUM

HEALTHY HABITS

LOYOLA EVENTS AND CONNECTIONS

- Govans Farmers Market
- Faith and Spiritual Life
- Wellness, Health, and Student Services
- The Rizzo Career Center



NOTRE DAME EVENTS AND CONNECTIONS

- NDMU SOIH Virtual Info Session
- NDMU Natural Care Center
- Health Professions Exploration Day (CAUS/GRAD Fall Open House)
- Health & Wellness
- Counseling Center
- Mission & Ministry
- NDMU Wellness Blog

FUN FACT!

DID YOU KNOW NOTRE DAME'S
SCHOOL OF INTEGRATED HEALTH
HAS A FREE CLINIC?

indl.org