



GSA Bill #5

A bill allocating funds towards a monthly event series called Self Care Sunday Series from the Quality of Life Committee.

1           **WHEREAS**, the mission of the Committee for Quality of Life shall attend to issues  
2 relevant to graduate and professional student life including, but not limited to, health benefits,  
3 and shall organize events that support the improvement of graduate and professional students’  
4 quality of life; and,  
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6           **WHEREAS**, many graduate students have expressed a desire to increase mental health  
7 awareness across campus and promote activities that encourage strengthening self-care habits  
8 and emphasize overall wellbeing; and,  
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10          **WHEREAS**, the exact itinerary for this series of events needs feedback from the  
11 graduate student body, but could include a monthly event such as free massages, guided  
12 meditation events, yoga events, group study sessions, and healthy cooking classes; and,  
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14          **WHEREAS**, the topics emphasized for this series include, but are not limited to, mental  
15 health improvement, physical and mental wellbeing maintenance strategies, casual social events,  
16 and general camaraderie and community enjoyment amongst graduate students; and,  
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18          **THEREFORE, BE IT ENACTED** that the GSA will use all its communication  
19 channels, including email lists and social media accounts, to advertise for the first event of the  
20 continued Self Care Sunday Series open to all graduate students on October 13<sup>th</sup> at Crescent  
21 Moon from 1pm to 3pm to drink coffee, distribute information for on-campus wellbeing  
22 resources, and gather feedback for the series; and,  
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24          **THEREFORE, BE IT FINALLY ENACTED** that \$600 be allocated from Account 402  
25 (Social and Networking Events) to pay for the rental fee of the event spaces, the food, and event  
26 personnel for the first event and the continued Self Care Sunday Series events for the year;

Submitted by	Quality of Life Co-Chair Cameron Entzminger	DATE	9/20/2019
Referred to	GSA Assembly	DATE	10/01/2019
Committee action		DATE	
Floor action		DATE	
Presidential Signature		DATE	