



CENTER FOR VETERINARY HEALTH SCIENCES **Friday Bit for Alumni and Friends**

BEING WELL »

Do you inspire wellness through preventive care?

It's a common struggle all-day, every day. Did you know that CVHS has developed a **Wellness Initiative**? In response to a wellness crisis in the professional field of medicine, our goal is to promote self-care and wellness among students, staff and faculty. The program will continually re-evaluate in the context of emerging health-related data. Here are some basic responsibilities developed by the committee.

- **Promote, coordinate and oversee wellness initiatives in the college unit**
- **Provide representation at the AAVMC Health and Wellness Summit annually or AVMA**
- **Interact with SAVMA on student wellness issues**
- **Coordinate curriculum wellness**

These goals facilitate

- **Relationship building across classes**
- **Inclusiveness**
- **Purposeful wellness activities targeted for mental, physical and emotional health, financial literacy, resiliency and reciprocation**

To augment wellness efforts, I offer the following wellness tips from your alumni office...

CATS »

Cats help you live longer. It's true. An immortal cat-super-villain has proven this theory. No, really, there's some science to this.

The cat purr. It's a thing. Cat purring is like ultimate contentment.

That purring vibration? Somewhere between 25-150 hertz for the average house cat, the range has the potential to be medically therapeutic. Are felines self-healing? Maybe. But those adorable purr-vibes are good juju for humans too. Studies published in *The Scientific American* reveal that the vibration range and pattern of fuzzi-ball purrs actually helps both cats and humans repair bone and muscle, offers pain relief, relaxation and well, is just magical.

Cat ownership can reduce stress. Unless you have one of those ninja cats who jumps out and scares the 'um daylight out of you.

Here's the kicker. Owning animals in general reduces stress-related health issues. So, yeah. Adorable little hiss-babies just might have mystical powers we can learn from for our own well-being.



GET WILD »

It's all about wildness at **Open House, Saturday, April 7, 9- 4 pm** on the veterinary campus. Amazing demonstrations, outdoor events and activities raise awareness to the public for CVHS services. A silent auction increases funding for the **Avian, Exotic & Zoo Medicine** clinical care service at the Veterinary Medical Hospital where we treat over 500 wildlife cases annually. Check it out [here](#) To partner with the AEZ service by providing an in-kind auction item for bid, contact Sharon now at 405-744-5630.

4th YEARS, YOUR RSVP's? »

Class of 2018, please RSVP to the Proud & Immortal 4YR Dinner on March 27, 5:30 pm at ConocoPhillips Alumni Center. Veterinary industry partners are bringing **FREE SWAG** for you to this event. You'll meet the team of alumni partners needed for future success. Surprise presentations will be made to students. **RSVP to [Katie](#) - FINAL COUNTS ARE DUE TODAY!**

SAVE THE DATE »

OVMA/CVHS **Summer Seminar** is **June 9**. Watch for registration at our [website](#)

FRIDAY. Your orange powers are healing. Take us to our fur babies.

Give

[CVHS Alumni Affairs Fund](#)



CENTER FOR VETERINARY HEALTH SCIENCES
Healthy Animals – Healthy People



OFFICE OF ADVANCEMENT

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