



Sunday, December 2

Hello CPE,

Our meeting for the month of December will be to attend the Nutrition Presentation this Wednesday, December 5, in the OBC at Lion Time. Snacks will be provided.

CPE has been making an impact on campus and I am extremely proud of all of you for that. The November gratitude letters went over very well and I heard from multiple people about how kind and sincere they were.

The theme for December is Study Tips that Revolve Around Wellness.

Examples include:

- proper nutrition
- sleep
- time management

We still need the wellness infographic and the On-lion article, completed by the end of the day, Friday, December 7.

If you have an interest in completing either of those tasks, please contact me. Remember, CPE is meant to help make the campus a better place and you are on the right track. If you have any other ideas for this month, please feel free to share them.

As always thank you for all the extra effort!

Mr. DeMichele