



### Three reasons not to diet in 2019 (or ever)!

Be vigilant about how the culture of dieting can derail you on your journey to true health and wellness. **The Mount's Wellness Manager Alison Halpern**, a registered dietitian, gives you three reasons not to add dieting to your new year's resolutions. One of them – and probably the most important – is that diets don't work! Read more [here](#).



### Jumpstart Your Wellness in 2019

Catch Alison at a workshop this weekend! She will talk about mindful eating techniques as part of [Jumpstart Your Wellness](#), which will also feature your fellow alum [Emily Gonzales '82](#), a Chopra Center™ Certified Instructor, who will teach techniques for quieting the mind and shifting to a calm and balanced state of wellbeing. **Today is the last day to register for the event!**



### Brunch with alums in Washington, D.C.

On **Feb. 3**, join Mount alums and friends for a French-inspired brunch with President Ann

McElaney-Johnson. [Register today](#), as space is limited!



### Becoming an #EquityandJustice advocate

On **Feb. 20**, join a conversation with [Senator Holly Mitchell](#) on how to

effectively engage your community. Attendees will go home with an advocacy toolkit and tangible take-aways that they can use immediately to be more effective social justice advocates.



### Mercer Insurance

The new year is the perfect time to evaluate your insurance needs and to make sure you're keeping up with life's changes. As

an alum, you have access to Mercer insurance programs that have been negotiated with affordable rates and flexible benefits. For more information, visit [alumniplans.com/msmu](http://alumniplans.com/msmu) or contact the Alum Benefits Hotline at 888-560-ALUM (2586).



### Find a friend

Have you lost touch with your fellow Mount alums? Thanks to technology we can all stay better connected! Complete our

[find-a-friend form](#) to have our team help reconnect you with former classmates!



### Travel to Greece in October!

Every year, the Alumnae Association partners with AHI Travel to send our alums

## UPCOMING EVENTS

Jan. 18

### [Doheny Soirée: Trio Karenine](#)

*Doheny Campus*

Jan. 19

### [Jumpstart Your Wellness in 2019](#)

*Doheny Campus*

Feb. 2

### [Graduate Nursing Research Poster Symposium](#)

*Doheny Campus*

Feb. 3

### [Washington, D.C. Alum Gathering](#)

*Washington, D.C.*

Feb. 15

### [Doheny Soirée: Dover Quartet](#)

*Doheny Mansion*

Feb. 20

### [Become an #EquityandJustice Advocate in Your Community](#)

*Doheny Mansion*

March 10

### [The Da Camera Players](#)

*Ebell Club of Los Angeles*

March 13-19

### [CSJ Week](#)

*Doheny Campus*

March 28

### [The Report on the Status of](#)

on unforgettable journeys. Join us **October 3-11, 2019** as we experience Greece: Athens & Poros! This wonderfully priced, enriching cultural journey offers you the ideal opportunity to visit Greece. [Click here](#) for more information.



#### Note from the Director

Happy New Year Mount alums! January is all about new beginnings. In 2019, your Mount Alumnae Association is gearing up

to feature more voices, stories and successes from YOU, our community of 20,000 Mount alums across the globe! [Read more](#) to see how you can participate.



#### Update your contact info

Have you moved or changed your email recently? Please [update your contact information](#) to keep receiving the

latest communications about events, University news, resources and volunteer opportunities.



#### Thank you!

We'd like to thank all those who participated in the Mount's 2018 fundraising efforts! Annual support from our community members - alums, friends, parents, faculty, staff and students - makes a big difference. Thank you! Please visit [www.msmu.edu/support](http://www.msmu.edu/support) to learn more or contact Kate Fergusson at 213.477.2512 or [kfergusson@msmu.edu](mailto:kfergusson@msmu.edu).

### Women and Girls in California

Skirball Cultural Center

#### CONTACT US

#### Alumnae Association

[213.477.2767](tel:213.477.2767)

[alums@msmu.edu](mailto:alums@msmu.edu)

[alums.msmu.edu](http://alums.msmu.edu)



Update Your Contact Info

[Privacy Policy](#) | [Unsubscribe](#)

[Mount Saint Mary's University](#)

10 Chester Place, Los Angeles, CA 90007