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### **Mather House Wellness Corner Now Open**

*Mather House unveils new spaces and programming for student wellbeing*

**Cambridge, Massachusetts, September 12, 2021** Mather House Faculty Deans, House Administrator, building staff, Wellness Tutors, and Harvard's Mindfulness Coordinator announced the official opening of the Wellness Corner with tours, physical and emotional wellbeing programming and snacks and beverages served. Over the summer, the Mather House team renovated and redesigned two adjacent rooms in the House that now constitute the Wellness Corner. The Wellness Corner comprises a Tranquility Room and an Aerobics Room equipped with gear and supplies for exercise, stretching, meditation, prayer and other contemplative practices, alongside the Wellness Tutors' office and bulletin boards with information for students.

The Wellness Corner adds to Mather House's spaces for student wellbeing, in addition to other recent renovations for student enjoyment and expression, such as the updated Multicultural Room. "The Wellness Corner deepens our commitment at Mather to student wellness across all dimensions of wellbeing; whether physical, emotional, spiritual, or relational. The new spaces have been designed to be containers for expansive understandings of movement and mindfulness," said Nina Bryce, Mather Wellness Tutor and Mindfulness Coordinator at the Center for Wellness and Health Promotion (CWHP) at HUHS. The launch of the Wellness Corner aligns with the inaugural launch of Nina's role as Harvard's first Mindfulness Coordinator, where she offers programming across the College campus for students interested in wellbeing through meditation and mindfulness. "The Aerobics Room offers an alternative to our weights-forward gym and integrates physical movement in service of holistic wellbeing in our Wellness Corner," said Soltan Bryce, also a Mather House Wellness Tutor.

"We want our students to feel welcome and be well in Mather House. We are delighted to have a full house this semester and the Wellness Corner is an extension of our commitment to cultivating spaces for students' wellbeing," said Amala Mahadevan, Faculty Dean of Mather House.

The Wellness Corner rooms will be open to Mather students 24/7 through HUID swipe access. Regular programming will be offered for students at Mather, including Introduction to Mindfulness Meditation, Mindful Yoga, Mather Movement, and Mindfulness for Emotional Resilience.

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If you would like more information about the Mather House Wellness Corner or CWHP's mindfulness program or wellness offerings for students, please contact Nina Bryce at [nbryce@huhs.harvard.edu](mailto:nbryce@huhs.harvard.edu).