## <u>View as Webpage</u>

MARCH 2023

# **The Saybrook Spirit**

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY



#### IN THIS ISSUE

#### Alumni Spotlight

How the Heart and Brain is Connected

Heart Awareness Month

Saybrook Author Book Review

Upcoming Events At Saybrook



Click Here

### Saybrook Spirit - March 2023

Our Newsletter is now in a <u>Virtual Booklet Version!</u>

### Saybrook Spirit Booklet (Click Here)



# Visit the Saybrook Swag Store!





Visit our Alumni Website Page



Alumni Affairs

### Click Here to Visit the Alumni Relations Portal



Alumni Resources • Join the Alumni Association Mindfulness Moments Say-Bookil Saybrook Swag - Spirit Store Unbound Magazine Visit our Alumni Spotlight Alumni Post-farad Reasearch Quick Reference Alumni Special Tuition Rate Saybrook Serves

#### **Alumni Relations Home**

WELCOME TO THE SAYBROOK UNIVERSITY ALUMNI RELATIONS PORTAL!

Saybrook has been "Doing the Work Since 1971 to inspire transfo

and sustai

STAY CONNECTED & GET INVOLVED

CONTACT US

Carmen bowen, MAA Director of University Relation cbowen@saybrook.edu Mailing Address: Saybrook University Alumni Associ 55 Eurok 51 Boeston CA 911

> alumni-saybrook@saybrook.edu 636-316-5312

Alumni Co-Chairs: Tori Bowers, PhD Taylor Williams-Capozziello. PhD Jiselle Esparza. PhD Shelli Jackson, PhD

QUICK LINKS

As graduates, you will always remain an important part of the Saybrook community. We invite you to stay informed about current happenings at Saybrook, remain connected, and share your stories of achievement with us so that we can celebrate them with you. It is our aim to provide you with rich opportunities for engagement, resources to support you as you make positive change in the world, and opportunities for you to connect with current and prospective students to encourage the next generation of change makers. We are a stronger and more vibrant community together, and we can't wait to hear from you and see you at an event sometime soon.

ational change in individuals, organizati

ions, and communities, toward a just, huma

Click Here to Pay-It-Forward by Donating to the Alumni Funded Scholarship Saybrook.edu/Giving



Email us at: <u>alumni-saybrook@saybrook.edu</u>



#### **Thank You for Reading!**

Look for the April 2023 edition coming soon!