Addy McKown is a BUBeWell Student Liaison who serves as a resource for peers who are navigating the various aspects of personal well-being while at Butler.

Emma Ahlert - Stop by to chat with the BU Advocacy Fellow during her weekly office hours about her role and what she has learned through it! Ask questions, share feedback on university programs and resources related to sexual and interpersonal misconduct, and explore opportunities to make change on campus and in other spaces!

Josh Downing - The Director of Recreation & Wellness is available to discuss your overall wellness and how to incorporate BUBeWell into your experience at Butler.

Julia Angstmann - The Director of the Center for Urban Ecology and interim Butler Sustainability contact is available to discuss Environmental project ideas with students including how to incorporate sustainability principles into existing programs and events. General discussions about urban ecology and sustainability are also welcome!

Tara Rochford - The Registered Dietitian and Nutrition expert at Butler University. Tara is available to answer any questions relating to food, nutrition, or overall wellness - and she is happy to schedule appointments with you for one-on-one appointments too!

Beth Lohman - Let’s Talk is a drop-in service that offers informal, confidential consultation with a BUBeWell representative in partnership with Counseling & Consultation Services. Stop by to talk about concerns and get help problem-solving.

Mona Guirguis - The Career Advisor for Internship and Career Services is available to assist with one-on-one career advising, internship and job search strategies, help to build professional resume and cover letter even if you didn’t start one. Provide self-assessments and exploration resources.

Natalie Szocs - The Fitness Coordinator at the HRC is here discuss your personal fitness goals. Natalie will guide you to the right resources on campus and/or give suggestions to get started on the right path.

For more details, please visit our website: www.butler.edu/bubewell or email us: bubewell@butler.edu