



Wellness Connection Grants

Interpersonal connection is a critical component of wellness. As part of the ScarletWell launch, we are creating a space on the ScarletWell website where students can highlight upcoming wellness activities that are designed to foster interpersonal connection. We want something that appeals to everyone on the ScarletWell wellness calendar; activities that relate to Arts/Humanities, Mental/Emotional Health, and Movement/Nature. We want to empower students to create the events and spaces that they want to here at Rutgers New Brunswick, building lasting communities of connection around each activity.

ScarletWell invites grant proposals that will support student directed wellness activities. The proposal should describe a series of activities that can be planned during Fall 2024 and implemented in Winter/Spring 2025 and demonstrate how the activities will engage students and provide support in any of the eight dimensions of wellness — physical, social, emotional, spiritual, intellectual, occupational, environment, financial.

The ScarletWell team will work closely with successful applicants as a wellness cohort to plan activities in fall 2024 with activities being implemented in winter/spring 2025.

Priority will be given to activities that have promise for sustainability. Proposals should show how an inclusive and welcoming space will be created and how feedback will be gathered to inform activity refinement.

Example Activities:

- A series of introduction to movement/dance wellness gatherings
- Music gatherings – students coming together to play music
- A series of organized group hikes
- Walks and lunch at Rutgers Gardens
- Monthly gatherings for students to come together to draw/paint
- A series of nature meditation sessions



SCAN QR CODE TO LEARN MORE AND APPLY.

https://rutgers.ca1.qualtrics.com/jfe/form/SV_4ZLJ8qeJhgqhlw

Grants will range from \$200 - \$1500 and ScarletWell intends to fund 20 new awards.

Grant proposals are brief and need to be submitted by September 27th. Students will be notified of funding by October 20th.