



# The RVU-SU MSP Tribune

The Newsletter for RVU-SU Spouses and Partners

## Upcoming Events

Retro Yoga - Monday, September 8:00pm

Ivins City Park - Main St & 100 North, Ivins, UT 84738

Neon - Check; Side Pony Tails - Check; - Glow sticks? - CHECK!

Come do yoga in the park dressed in your best 80's gear!

We will have glow sticks, water, a take away gift and of course rad music.

Bring your own yoga mat or towel.

*Thank you to everyone who purchased a shirt in our first pre-order sale! We love you guys and are so lucky to have such a supportive group. If you missed the first pre-sale then don't worry, because we will be opening them back up again, so keep an eye out on our social media page!*

*This year we pushed out our Moral Support initiative because we wanted you all to feel our MSP family support. We are doing our best to meet with you as individuals and we encourage you to reach out not only to us as a Presidency but to each other if you need any encouragement, love or support while you are on this medical school journey. If we can rely on each other it makes this journey so much more joyful and a lot easier! Grateful for our MSP Family! XOXO Ashley Jolly - Communications Chair*



### MSP Member Highlight

Hi Friends! My name is Mersadie Gray. I'm just your average St. George gal! My husband is a first year and have been married for 4+ years. We have a daughter named hazel...

To find out more about Mersadie check out our instagram page!

### Christensen's Color Wall



The PERFECT picture wall.  
761 Bluff Street, St George  
16 minute drive from RVU  
Free - Family Friendly  
Dogs Allowed

Explore  
Southern Utah



### Craft Club

"It's like book club except we make stuff!"  
If you love to create or want ideas for your next project join Craft club!

Stay Involved



### MSP Morale Support

If you or anyone you know needs morale support please send us an email at [rvusumsp@gmail.com](mailto:rvusumsp@gmail.com) or submit a form on our website!

[supportingmyfuturedo.com](http://supportingmyfuturedo.com) | [rvusumsp@gmail.com](mailto:rvusumsp@gmail.com)



@rvusumsp



RVU-SU Medical Spouse & Partner Group