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Morrison Bruce Center Spring Newsletter



MORRISON BRUCE CENTER
JAMES MADISON UNIVERSITY®

Spring/Summer Newsletter 2024

Please enjoy these articles written by our undergraduate staff on the Marketing and Development Committee. Our outreach has continued to grow this semester, and we have been so fortunate to have the opportunity to serve those in the surrounding communities. On behalf of our Spring 2024 staff, thank you for your participation in our programs and continued support of the Morrison Bruce Center!



Pancakes With A Purpose

Protein pancakes are a great way to eat that classic breakfast we all love, while also benefiting your health and creating a fresh start to your day.

There is a great proportion of carbohydrates, protein, fat, and fiber in each 'cake. Protein pancakes are easy to make and a great way to meet daily protein needs with about 37 grams per serving! Click [HERE](#) for a healthy and yummy breakfast!



Alumni! Where Are They Now?

The Morrison Bruce Center finds it important to keep in touch with our alumni to see how far they have gone and how they have changed their community. The purpose of the MBC carries through life, and by talking with our alumni we get to understand the real impact we have had on them and where they are today. That said, let's meet Dr. Logan Russell! [Read More...](#)



Affordable and Holistic Skincare- Learn How It's Possible

Did you know that skincare can be a great form of self-care that does not have to be super expensive or time-consuming? In this article, you can learn all about a holistic approach to skincare that can be implemented in all parts of your day. From a morning/night routine to the types of food you eat, this article will shape the way you think about skincare as a form of holistic self-care! [Read More...](#)



The Wheels on the Gus Bus are Going 'Round Harrisonburg

This semester, the Morrison Bruce Center had the opportunity to partner with the Gus Bus! Gus Bus is a program that travels to different neighborhoods and elementary schools around Harrisonburg with the mission of promoting education, nutrition, and physical activity to children and their families. Keep reading to learn more about our

impact on the community through this amazing collaboration! [Read More...](#)



Wearable Wonders: Transforming Your Life One Step at a Time

Have you ever wanted to purchase a wearable fitness tracker, but you were not quite sure what to buy? With so many options out there, it can be hard to choose. However, these quick tips will help you pick the right wearable wonder for you and your individual needs! [Read More...](#)

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