

ATHLETICS MENTAL HEALTH SERVICES

# EQUIP TO CARE

SUMMER EDUCATION SERIES  
2026

WEDNESDAYS 11 AM

**JUNE  
3RD**

## EATING DISORDERS IMPACT ON MENTAL HEALTH

Kristin Fant, MCN, RDN, CSSD, LD  
Assistant AD for Performance Nutrition

11 AM in  
XTO Room

## BUILDING CONNECTION THROUGH MINDFULNESS

Jon Singletary, PhD, MSW, MDiv  
Diana R. Garland School of Social Work Professor

**JUNE  
17TH**

11 AM in  
Fudge  
Football  
Team  
Meeting  
Room

**JULY  
15TH**

## RECOVERY CURRENCY IN A TRANSITIONAL SYSTEM

Matt Russell, PhD  
Pastor and Executive Director of Iconoclast Artists

11 AM in  
XTO Room

## OPTIMIZING MENTAL PERFORMANCE

Christine Limbers, PhD  
Graduate Program Director, PsyD Program  
Professor of Psychology

**AUG  
5TH**

11 AM in  
XTO Room

**SEPT  
9TH**

## CREATIVE PRACTICES OF ACCEPTANCE AND COMMITMENT WITH ATHLETES

Ed Rogers, PsyD, LP  
BUCC Assistant Director, Training Director  
Senior Psychologist

11 AM in  
XTO Room



**QUESTIONS?**  
CONTACT [AMHS@BAYLOR.EDU](mailto:AMHS@BAYLOR.EDU)