 LSU Parent & Family Programs hopes you have enjoyed reading the January Email Update.

**January 2019**

**Fitness Goals**

University Recreation Center (UREC) Personal Trainers will provide a baseline fitness assessment and offer personalized plans to help your Tigers reach their fitness goals in addition to their academic pursuits.

**Tiger Twelve Class of 2019**

The Tiger Twelve, a program for first-year students, will host an information session on January 9. Tiger Twelve students will have the opportunity to learn about leadership opportunities and community service. For more information, visit the Tiger Twelve website.

**LSU Staysafe**

The LSU Foundation’s biannual newsletter, Cornerstone, is now available online. To view the latest issue, visit the LSU Staysafe website.

**Put a Ring on It!**

Commuter Students have the opportunity to purchase a personalized LSU ring for their friends and family. For more information, visit the Put a Ring on It! website.

**Financial Management Center**

The Financial Management Center offers resources for students seeking financial advice, including tips on how to manage their finances and how to create a budget. Students can access the center’s resources through the LSU website.

**Campus Apartment Leasing**

Upperclassmen are encouraged to lease their own apartment. Campus Apartment Leasing starts on February 1. For more information, visit the Campus Apartment Leasing website.

**Art Show**

The LSU Art Show, featuring works by LSU students, will take place from February 4 to March 15. The event is free and open to the public.

**Gymnastics Meet**

All LSU Family Association members will receive an email tomorrow with details about how to access the LSU Gymnastics Meet. For more information, visit the LSU Sports website.

**Spring Family Fling**

The Spring Family Fling will take place on February 15-17. This family-friendly event is open to the public and features a variety of activities, including a Gospel Brunch and a Family Movie Night. For more information, visit the LSU Events website.

**Save the Date**

The LSU Foundation’s Family Weekend will take place on October 4-6, 2019. This annual event is open to all LSU families and features a variety of activities, including a football game and family get-togethers. For more information, visit the LSU Foundation website.

Click here to see the 2018-2019 class schedule for adding courses for the spring.