

living well at WCU.

Office of Wellness Promotion Spring 2015 Calendar

February

#WCULovemyselfie

All February Long!

Post your selfie on Instagram, and show us what makes you awesome all February long! Co-Sponsored by Counseling Center and LGBTQA Services

Make A Difference Monday- Viva Las Vegan!

Mon, Feb 9 | 11:00a-1:00p | Lawrence Dining

Get healthy eating info that is good for you and the environment. Co-Sponsored by Aramark

DUB Talks

Wed, Feb 9 | 12:00-1:00p | Sykes Ballroom A

You've heard of TED Talks, come check out DUB Talks for free pizza and news you can use on Nutrition Services and healthy food options on campus. Featuring Karen Fiorenza, Nutritionist, and Aramark

Take a Valentine, Make a Valentine!

Thurs, Feb 12 | 11:00a-1:00p | Sykes

Enjoy a valentine from us, or make your own for someone you care about! Free condoms and candy too!

Be Well New Year

Thurs, Feb 19 | 11:00a-1:00p | Sykes

Ring in Chinese New Year with wellness fortune cookies!

Brain Food

Tues, Feb 24 | 7:00-9:00p | Swope Presser Library

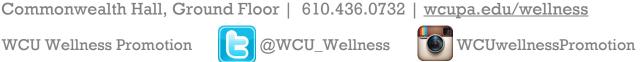
Avoid the afternoon crash with food that's good for the mind and body! Co-Sponsored by Aramark

Heathy Taste of WCU

Wed, Feb 25 | 10:00- 11:30a | Starbucks

We all know Starbucks has great tasting drinks, but did you know that they offer items that are healthy as well as tasty options? Join us to learn more. Co-Sponsored by Aramark





Brain Food

Tues, Mar 3 | 7:00- 9:00p | Library

Avoid the afternoon crash with food that's good for the mind and body! Co-Sponsored by Aramark

DUB Talks

Thurs, Mar 5 | 12:00-1:00p | Sykes Ballroom A

You've heard of TED Talks... Come check out DUB Talks for free pizza and physical fitness news you can use. *Featuring Brynn Crognale*.

Healthy Taste of WCU

Wed, Mar 18 | 9:00- 10:30a, Einstein's | 11:00a- 12:30p, Larry's Market

Healthy eating on the run is now easier than ever. Check out health food options at Einstein's and Larry's Market. *Co-Sponsored by Aramark*

Make A Difference Monday

Mon, Mar 23 | 11:30a-1:00p | Ram's Head

Get healthy eating info that is good for you and the environment. Co-Sponsored by Aramark

Healthy Living and Sustainability

Wed, Mar 25 | 4:30-6:30p | Sykes

Grab some free swag and learn about reducing your carbon footprint!

Clothesline Project: Creation Day

Tues, Mar 31 | 1:00- 3:00p | Sykes Ballroom A

If you or someone you know has been impacted by gender-based violence, stop by to decorate a t-shirt to add to the display for the Clothesline Project. *Co-sponsored by the Women's Center*

April

Happy Hour Yoga

Every Friday in April | 4:30- 5:30p | Quad/Great Lawn

Wind down with free yoga sessions in the quad every Friday in April. Featuring Diane Rogers

Healthy Taste of WCU

Tues, Apr 7 | 4:00 – 5:30p | Lawrence Dining Hall

Don't know what healthy options are available in Lawrence? Let us show you! Co-Sponsored by Aramark

Clothesline Project

Wed, Apr 8 | 11:00a-2:00p | Quad

The Clothesline Project provides a creative outlet for survivors of gender-based violence. T-shirts created by campus and community members will be on display in the quad. Co-sponsored by the Women's Center

Glow Zumba

Thurs, Apr 9 | 7:30– 9:30p | Sykes Ballrooms

Put on a crazy outfit, grab a friend, and let us give you the stuff to put the glow in the party.

De-Stress Zone

Wed, Apr 29 | 11:00a- 1:00p | Sykes Ballrooms A & B

After a rough semester, relax and unwind at the De-Stress Zone. Co-sponsored by the Counseling Center