



living well at WCU.

Office of Wellness Promotion

Spring 2015 Calendar

February

#WCU Lovemyselfie

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*

Commonwealth Hall, Ground Floor | 610.436.0732 | wcupa.edu/wellness



WCU Wellness Promotion



@WCU_Wellness



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March

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*