

FALL 2024

STUDENT EAGLE WELL PROGRAMS

AUGUST

- 27 Joint Worship Concert (*sponsored by Christian Ministry*): 8pm (Chapel Lawn) - **IP**
- 28 Wellness Welcome: 6:30-8pm (Quad) - **IP**
- Month Awareness: MedicAlert Awareness Month

SEPTEMBER

- 5 AU Football Game: Wellness Table - **IP**
- 11 Wellness Wednesday - **IP**
- 18 QPR Training: 9-10am - **V**
- 19 QPR Training: 9-10:30am (Recreation Center Classroom 221) - **IP**
- 25 Wellness Scavenger Hunt - **IP**
- 26 Goat Yoga: 5-6pm (Quad) - **IP**
- 29 Suicide Prevention & Awareness Walk - **V/IP**
- TBD Healthy cooking with the Student Dietetics Association - **IP**
- Month Challenge: Throughout the month, make someone's day. Give them a compliment, hold the door for them, give them a smile, say "hello", and notice when someone does this for you! - **V**
- Month Awareness: Suicide Prevention Awareness Month

OCTOBER

- 5 Homecoming 5K Fun Run - **V/IP**
- 10 World Mental Health Day: 10am-2pm (Student Center Lobby) - **IP**
- 14-31 Step It Up Competition - **V**
- 16 Wellness Wednesday - **IP**
- TBD Healthy cooking with the Student Dietetics Association - **IP**
- Month Handheld Body Composition Monitor - stop in to use at the Rec Center front desk! - **IP**
- Month Challenge: Dedicate ten minutes daily to stretching, helping to build flexibility and prevent injuries - **V**
- Month Awareness: Health Literacy Month

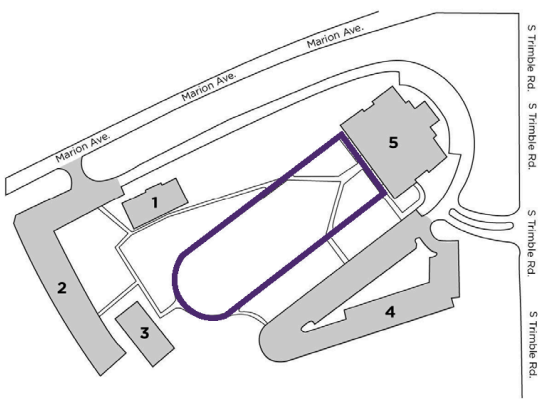
NOVEMBER

- 1-10 Step It Up Competition - **V**
- 4 Recycle/Donate Day (*co-sponsored by Building Services*): 10am-2pm (Rec Gym Courts) - **IP**
- 19 Upcycling Art - **IP**
- 20 Wellness Wednesday - **IP**
- TBD Healthy cooking with the Student Dietetics Association - **IP**
- Month Challenge: Use a reusable water bottle every day this month - **V**
- Month Awareness: Men's Health Awareness Month

DECEMBER

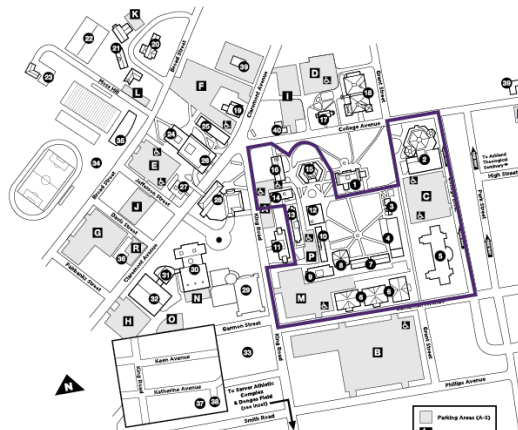
- 4 Wellness Wednesday - **IP**
- Month Challenge: No-phone meals: Have dinner or spend time with others without devices, encouraging more meaningful interactions and ensuring that everyone is fully present - **V**
- Month Awareness: Seasonal Depression Awareness Month

COLLEGE OF NURSING AND HEALTH SCIENCES CAMPUS



1 Mile Eagle Well Walking Path
5 laps = 1 mile

ASHLAND UNIVERSITY MAIN CAMPUS



1 Mile Eagle Well Walking Path
1 lap = 1 mile

Key

- V** Virtual Event
- IP** In-Person Event

Group X



Fall 2024 Schedule

Engage



Details on wellness events and more!

Therapy Dog Thursdays

Stop by the Rec on Thursdays & spend time with our therapy dog, Teddy

Try out these longer routes!



4 Miles
"Brookside"



2 Miles
"Main Streets"

EAGLE Well
A Wellness Way of Life
Ashland University Recreation & Wellness

STUDENT PERKS

BE SURE TO TAKE ADVANTAGE OF THESE FREE OPPORTUNITIES AND SERVICES ACROSS CAMPUS!

ACADEMIC ADVISING

Get assistance with degree planning, course registration, campus resources, academic success strategies, homesickness, roommate challenges and understanding University policies and procedures.

COUNSELING SESSIONS

Traditional full-time students can meet with a counselor for free for personal, social, academic or career counseling and related services to further address a variety of student's needs.

CAREER CENTER FOR LIFE CALLING

Have your resume reviewed or receive assistance with your job search.

ATHLETIC EVENTS

Receive complimentary admission to AU athletic events with an AU ID.

WRITING & COMMUNICATION CENTER (WCC)

Receive help with any written, oral, and digital assignments, such as essays, presentations, reports, and digital productions.



TALK WITH A PEER EDUCATOR

Need someone to talk to? Peer Educators are here to listen and guide you towards resources that will help you.



TUTORING CENTER

AU offers a variety of academic subjects tutoring from freshman to senior courses, in addition to assistance with time management, note taking, study skills, test taking strategies, and navigating the AU website.



DISCOUNTS IN THE ASHLAND COMMUNITY

Take a look at some local businesses that offer discounts to AU students. Just show your AU ID at checkout and receive a discount.



MEET WITH A DIETICIAN

A Registered Dietitian is available to speak to students on an individual or group basis to help with special diets or help students eat healthy while living on campus. Email dining@ashland.edu if you would like to set up a meeting.

REC CENTER

Full-time undergraduate students may bring 2 guests to the Rec Center for free every Friday after 3pm - Sunday.

Handshake



On campus employment opportunities!

Prayer Request Form



Ashland Healthy Mind App



Have a question or a suggestion for a future wellness program?

Contact:

Janel Molnar, Director - Recreation & Wellness
Jill MacKenzie, Assistant Director - Business Operations
Sarah Watson, Wellness Intern
wellness@ashland.edu
419.289.5440

Email us to receive wellness updates!



Be sure to read *CampusWell* for wellness content... and a chance to win a \$50 Amazon gift card!

