## SPRING 2025 STUDENT EAGLE WELL PROGRAMS Sponsored by the Student Wellness Team

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### **JANUARY**

8	Wellness Wednesday: Rock This Semester - IP
11	Climbing Wall Saturday - IP
13-31	Incentive Program: New Year, Best You - IP
16	Wellness Welcome Back - IP
21	Mold Your Happiness - IP
TBD	Blood Drive (co-sponsored by AU-GIVS) - IP
Month	Challenge: Give up one bad habit and stick to it for the entire month -
Month	Awareness: National Blood Donor Month

#### FFRRIIARY

1-23	Incentive Program: New Year, Best You - IP	
6	CPR & Other Life Saving Skills - V/IP	Sprir
8	Climbing Wall Saturday - IP	
14	Love Yourself - IP	
17-21	Mental Health Week - IP	
17	Chalk It Up to Positivity - IP	
19	Wellness Wednesday: You Matter - IP	
24-28	Safe Spring Break Week - V/IP	
Month	Challenge: Get moving: Aim for 30 minutes of physical activity per day to improve your heart health - V	
Month	Awareness: American Heart Month	

#### MARCH

1-31	March Madness Mindfulness Challenge - V
12	Wellness Wednesday: Go Go Healthy - IP
13	Rec Center Member Appreciation Day - IP
15	Climbing Wall Saturday - IP
17-31	Step It Up Competition - V
TBD	Healthy Cooking: Convo Meal Edition (co-sponsored by Student Dietetics Association) - IP
TBD	Healthy Snacks: Protein Balls (co-sponsored by Student Dietetics Association) - IP
Month	Challenge: Eat 5-6 servings of fruit & vegetables per day - V
Month	Awareness: National Nutrition Month

## **APRIL**

1-13	Step It Up Competition - V
5	Climbing Wall Saturday - IP
7	Easter Egg Hunt - IP
14	Outdoor Worship Night (sponsored by Christian Ministry) - IP
15	Earth Day: Campus Clean-Up (co-sponsored by AU GIVS) - IP
21-30	AU CARES: End of Year Donation Stations - IP
22	Earth Day: Outdoor Yoga - IP
22	Earth Day: Plant Bingo (co-sponsored by CAB) - IP
23	Wellness Wednesday: Mental Munchies - IP
24	Destress with Animals - IP
Month	Challenge: Intentionally notice the beauty of nature daily - ${f V}$
Month	Awareness: Stress Awareness Month

## MAY

1-3	AU CARES: End of Year Donation Stations - IP
3	Rec Center Spring Membership Ends - IP
9	Rec Center Summer Membership Begins - IP
Month	Challenge: "You can't pour from an empty cup" - Practice self-care daily - ${f V}$
Month	Awareness: Mental Health Month

#### Key

Virtual Event V In-Person Event

#### **Group X**



ing 2025 Schedule

#### Engage



Details on wellness events and more!

#### **Therapy Dogs**

Visit our therapy dogs on campus! Teddy Thursdays 10am-4pm / Rec Pip Every other Tuesday 5:30-6:30pm / Eagles Nest

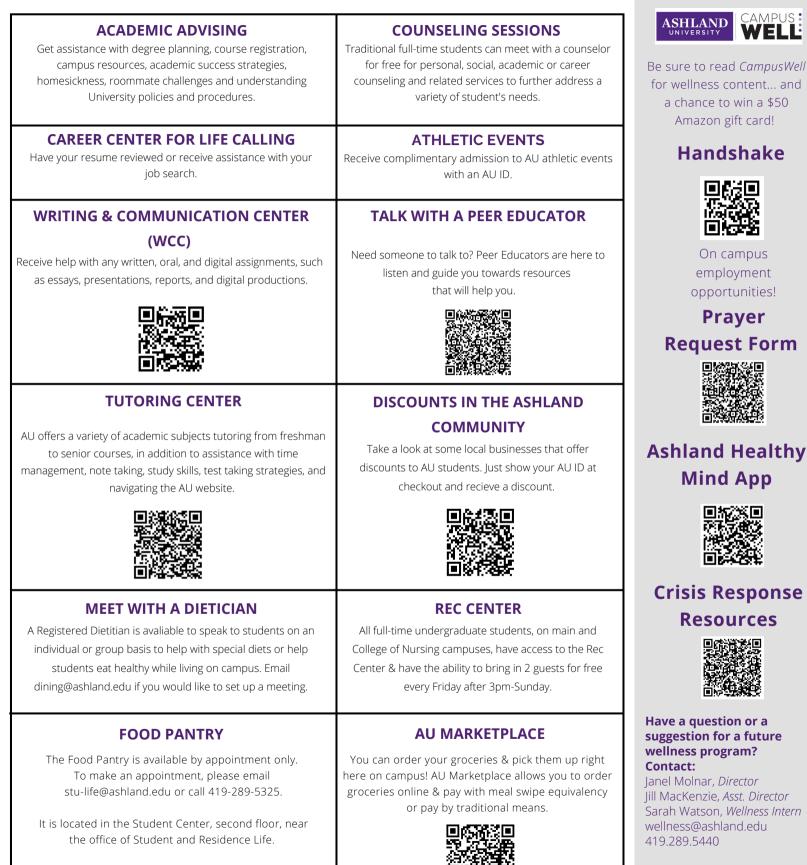






# STUDENT PERKS

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



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Email us to receive wellness updates!

