

SPRING 2025

STUDENT EAGLE WELL PROGRAMS

Sponsored by the Student Wellness Team

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 - V
Month	Awareness: National Blood Donor Month

FEBRUARY

1-23	Incentive Program: New Year, Best You - IP
6	CPR & Other Life Saving Skills - V/IP
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 - 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 - V
Month	Awareness: Mental Health Month

Key

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

Group X



Spring 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

Try out the Eagle Well Walking Paths!



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

All full-time undergraduate students, on main and College of Nursing campuses, have access to the Rec Center & have the ability to bring in 2 guests for free every Friday after 3pm-Sunday.

FOOD PANTRY

The Food Pantry is available by appointment only. To make an appointment, please email stu-life@ashland.edu or call 419-289-5325.

It is located in the Student Center, second floor, near the office of Student and Residence Life.

AU MARKETPLACE

You can order your groceries & pick them up right here on campus! AU Marketplace allows you to order groceries online & pay with meal swipe equivalency or pay by traditional means.



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

Handshake



On campus employment opportunities!

Prayer Request Form



Ashland Healthy Mind App



Crisis Response Resources



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

Janel Molnar, *Director*
Jill MacKenzie, *Asst. Director*
Sarah Watson, *Wellness Intern*
wellness@ashland.edu
419.289.5440

Email us to receive wellness updates!

