

WELLNESS WEEK 2012



**CHAUNCEY SAYS:
Eat Healthy!**

Be Active!

Stay Well!

Sneak Preview

Thursday, February 16

Late Night Bingo
Sponsored by CAB
Featuring Healthy Prizes!

Hicks Commons 10 p.m.

Monday, February 20

“Mirror-less Monday”
Can you go one ENTIRE day
without looking in a mirror?
XR Gaming Lab
Zumba!

Campus-Wide All Day

Campus Rec Center 2 – 5 p.m.
Campus Rec Center 8:15 p.m.

Tuesday, February 21

“Vegetarianism 101”
Featuring Registered Dietitian
Wendy Kiggins
XR Gaming Lab
Pilates

Wall Room 224 7 p.m.

Campus Rec Center 3 – 6 p.m.
Campus Rec Center 7:50 p.m.

Wednesday, February 22

Wellness Fair
FREE food, t-shirts, WCCU live
remote, games and eating disorder
screenings with a chance to win an iPod
TKO FIT
XR Gaming Lab
“United We Dance”
Zumbathon!

Prince Lawn 10 a.m. – 2 p.m.

Campus Rec Center 5:15 p.m.
Campus Rec Center 2 – 5 p.m.
Small Gym Starts at 5 p.m.

Donations accepted, but not required and will benefit ALS

Thursday, February 23

Featured Healthy Lunch
XR Gaming Lab
Spinning

Hicks Commons 11 a.m. – 2:30 p.m.
Campus Rec Center 3 – 6 p.m.
Campus Rec Center 7:15 p.m.

Friday, February 24

XR Gaming Lab
Zumba!

Campus Rec Center 2 – 5 p.m.
Campus Rec Center 2 p.m.