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HEALTH & WELLNESS
AT THE WISCONSIN UNION

Tips for College Students

UHS has great health tips for post-graduation!

Be sure to eat breakfast and lunch – which will keep your blood sugar up – and stash some healthy snacks at work to eat periodically throughout the day. That'll leave you less hungry when you leave work, and will make you less likely to go through the nearest drive-through for a big meal on your way home.

-University Health Services

Upcoming Events

4/10: Pilates with Caleb @ 12 pm
4/12: Pilates with Caleb @ 12 pm
4/12: Wellness Webinar @ 12 pm
4/13: Meditation with Etsy @ 12 pm
4/19: Pilates with Caleb @ 12 pm
4/19: Wellness Webinar @ 12 pm
4/21: Ballroom Dance @ 7 pm
Additional Details for Union Health and Wellness Events

*Green Bean Pea Salad*
- Recipe from the WUD Publications Committee: The Dish

Peet's puts a health spin on coffee! Stop by their new location in Memorial Union.

Recent Events with the Health and Wellness Program
This week is the last Monday for Pilates with Caleb. Make sure to try it out before the semester is ends!

Learn how to help manage the stress of finals at Meditation with Etsy.

Featured Gym of the Week: Anytime Fitness
UHS would like to remind you of a free, online training available for all UW-Madison students.

The training is called At-Risk and is designed to help students recognize peers experiencing distress, respond effectively, and refer to appropriate campus resources.

As an added incentive, students who complete the training by May 15th will be entered to win one of ten $20 Amazon gift cards.

For more information about At-Risk, visit www.uhs.wisc.edu/atrisk.