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Wisconsin Union
Experiences for a lifetime

Health & Wellness

Tips for College Students

It can be challenging to balance academic, work, and social responsibilities with nutritious meals, but a healthy diet fuels the mind and body for both personal and academic success.

-University Health Services

Upcoming Events

- 3/27: Pilates with Caleb @ 12 pm
- 3/29: Pilates with Caleb @ 12 pm
- 4/3: Pilates with Caleb @ 12 pm
- 4/5: Pilates with Caleb @ 12 pm
- 4/5: UW Bicycle Repair Class @ 6 pm
- 4/7: Relay for Life @ 6 pm
- 4/7: Free Art Friday @ 7 pm



Additional Details for Union Health and Wellness Events



Maple Carrots, Burnt
-Recipe from the WUD Publications
Committee: **The Dish**



Stop at Capital Cafe in Grainger Hall
for a variety of soups, salads, and
sandwiches!

Recent Events with the Health and Wellness Program



WHEELHOUSE
studios

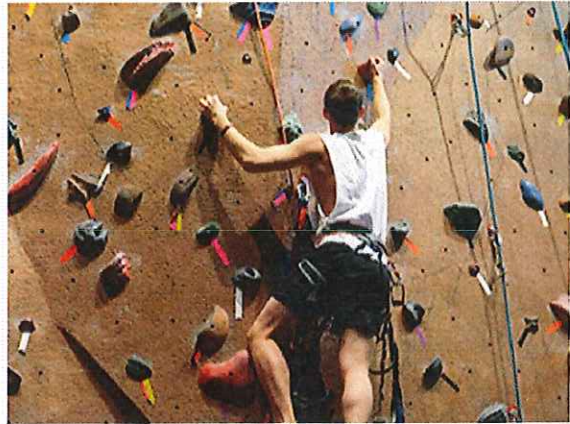
Free Art Fridays at Wheelhouse Studios



Get ready for summer class! Sign-up for 2017 will begin around mid-May with classes starting around Memorial Day weekend.



**Get up and go for a climb
at the Sett Rec in
Union South!**



Featured Gym of the Week: Inner Fire Yoga




**777 University Ave 209 Madison, WI 53703
(608) 839-7794**

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.

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 Events Calander

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