

From: **Jim Rogers** jbrogers@wisc.edu  
Subject: Wisconsin Union Health & Wellness - Events This Week

Date: March 6, 2017 at 1:35 PM

To: union-staff@lists.services.wisc.edu, union-students@lists.services.wisc.edu, wudstudentleaders@lists.wisc.edu

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Wisconsin Union  
Experiences for a lifetime

## Health & Wellness

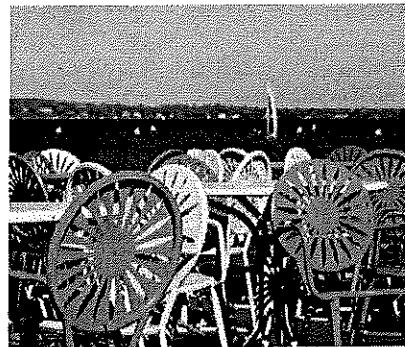
### Tips for College Students

Take a balanced approach to fitness. Changing or modifying lifestyle patterns requires patience and balance. Over exertion and extreme exercise can potentially be dangerous.

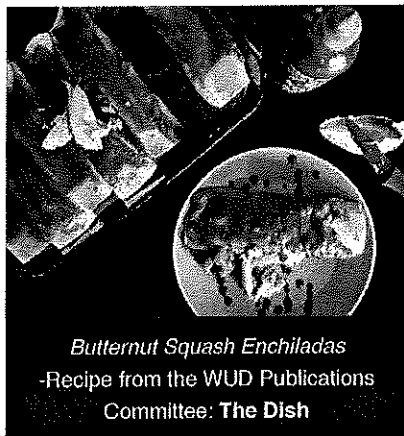
- University Health Services

### Upcoming Events

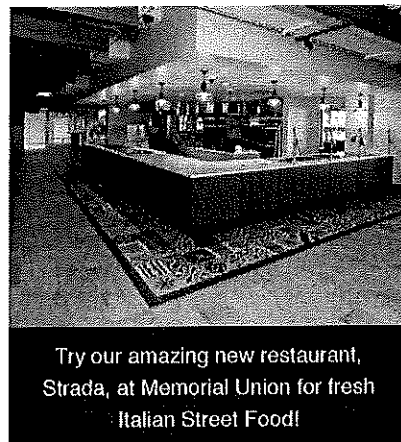
- 3/6: Pilates with Caleb @ 12 pm
- 3/7: Motown Dance with Courtney @ 2:30 pm
- 3/8: Pilates with Caleb @ 12 pm
- 3/9: Ballroom Dance @ 5:30 pm
- 3/13: Pilates with Caleb @ 12 pm
- 3/15: Pilates with Caleb @ 12 pm
- 3/15: Wellness Webinar @ 12 pm
- 3/16: Meditation @ 4:30 pm



### Additional Details for Union Health and Wellness Events



*Butternut Squash Enchiladas*  
-Recipe from the WUD Publications  
Committee: **The Dish**



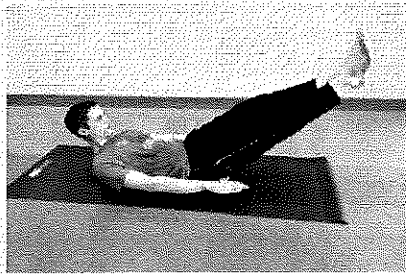
Try our amazing new restaurant,  
Strada, at Memorial Union for fresh  
Italian Street Food!

**Recent Events with the  
Health and Wellness Program**



**Free Art Fridays at Wheelhouse Studios**  
Next Session is April 7th

**Pilates with Caleb  
every Monday and  
Wednesday  
@ 12 pm**



**Take advantage of  
the great weather  
and get your  
friends to play  
sports on Bascom  
Hill!**

**Featured Gym of the Week: The Barre Code**

