HEALTH & WELLNESS
AT THE WISCONSIN UNION

Tips for College Students

Hope you're all enjoying your first few days of summer break!

No matter what you are doing this summer—scooping ice cream at Daily Scoop, grilling burgers at The Sett, or working at the Terrace—make an effort to get outside and stay healthy! See opportunities listed below!

Upcoming Events

517: Wellness Webinar @ 12 pm
5/17: Lakeshore Nature Walk @ 1 pm
5/24: Bucky's Workout @ 12 pm

Additional Details for Union Health and Wellness Events
Cheesy, Garlicky Mashed Cauliflower

From UW Madison's: The Dish

Join us at Strada, the new Italian Bistro, in Memorial Union.

More on Bucky's Workout

Mark your calendars for the 3rd annual Bucky's Workout on Wednesday, May 24th, 12:00—12:45 at Camp Randall!
All abilities and fitness levels are welcome and accommodated. Pre registration is encouraged (and will get you a code for 24 hours of free B-Cycle use the day of the event!) but not required; day-of registration is also available.

All members of the UW-Madison campus community are encouraged to attend. Grab some friends and colleagues and join us for a great time! See you there!

Click on the link to register! https://www.ohrd.wisc.edu/Catalog/Default.aspx?CK=55320

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Health and Wellness Coordinator: Jim Rogers jim.rogers@wisc.edu

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With support from Stephanie Webendorfer, Wisconsin Union Marketing

Funded by The Wisconsin Union Director’s Fund
Tips for College Students

Finals are right around the corner...

Students report that stress, anxiety, and sleep difficulties create their greatest negative academic impact. To help promote and restore health and well-being, UHS offers individual stress management sessions to review goals and develop a plan of action for students.

Students who are not already seeing a UHS provider and are interested in a stress management appointment should come to the reception desk of the UHS counseling service.

Upcoming Events

*Pilates with Caleb will only be on WEDNESDAYS for the remainder of the semester*

4/19: Pilates with Caleb @12 pm
4/19: Wellness Webinar @ 12 pm
4/21: Ballroom Dance @ 7 pm
4/26: Pilates with Caleb @ 12 pm

Additional Details for Union Health and Wellness Events
**Wellness Events**

*Honey Trout Gravlax*

-Recipe from the WUD Publications Committee: The Dish

Head over to Union South to try Ginger Root. Many entree options feature a variety of ways to get your vegetable intake in for the day!

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

*Free Art Fridays at Wheelhouse Studios*
Reminder that Pilates with Caleb is only on Wednesday afternoons. Make sure to try it out before the semester is ends!

Enjoy the great weather and take a walk with us to Picnic Point!

Featured Gym of the Week: Cyc Fitness

773 University Ave #205
Madison, WI 53715
(608) 561-2292
madison@cycfitness.com
The free USDA Physical Activity Tracker, promoted by the Center for Disease and Control, lets you chart daily exercises, log your calories, and aim for nutrition targets.

Click on the logo for more information!

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/at-risk.

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