

Faculty/Staff Summer 2016 Wellness Opportunities

Healthy4U BINGO

Looking for a way to have fun and win prizes while participating in healthy activities this summer? If so, Healthy4U BINGO is your game! Simply participate in various activities from a provided list during the month of June, record them on a blank BINGO card, and come to Olmsted Center 310/311 at noon on June 30 to play BINGO for prizes. It is not too late to join. Please email Linda Feiden at linda.feiden@drake.edu to register.

Chair Massages

Step away from your work to take a 10-minute vacation with a relaxing chair massage! On June 15 and 16, from 11 a.m. to 1 p.m. and 2 to 4 p.m., licensed massage therapist Anne Boal will be conducting chair massages from four different locations around campus (Aliber Hall, Cline Hall, Cowles Library, and The Point). Cost is \$10 for 10 minutes (correct change cash or check only). Links to the registration pages can be found in [OnCampus](#) or contact Linda Feiden at linda.feiden@drake.edu.

Nutrition Ignition & Smoothies

How much water should I drink per day? Do I need to take any supplements? I would like to get advice about my eating habits. Is there someone I can talk to? If you have asked these questions or others about food and nutrition, then this presentation is for you. Lucas Flaherty – Sodexo dietitian – will answer your questions, tell you about the services he offers for free, and make smoothie samples for everyone to try! Join us on July 13 at 10 a.m. in Olmsted 310/311 for a fun and informative experience! Please email Linda Feiden at linda.feiden@drake.edu to register for this class.

Walking and Running Groups

Whether you call it strolling, trekking, striding, or hiking, it is time to lace up your athletic shoes and join others on campus for a walk (or run). Walking is a great form of exercise and a good way to relieve stress. If you would like to form a walking (or running) group this summer please email Linda Feiden at linda.feiden@drake.edu. Walking/Jogging Route maps are available. Information on after hours running clubs in Des Moines, Couch to 5K training groups, and area road races are also available.

Weight Watchers at Work

Weight Watchers at Work meets Mondays in Cline Hall conference room 127. Weigh-ins are held from 11-11:15 a.m. and the class runs from 11:15-11:45 a.m. There will be a special registration price for anyone who joins or renews on July 11. If you would like more information on this program, please contact Linda Feiden at linda.feiden@drake.edu.

QUICK LIST

What is a CSA?

CSA (Community Supported Agriculture) is a partnership between growers and consumers (CSA members) where members purchase a share of the season's bounty and receive a share of what the farm produces. It is a great way to eat healthy while supporting sustainable agriculture and the local economy. You may receive a full share weekly or half share bi-weekly. Shares are delivered to Meredith Hall on Tuesday afternoons. For more information, costs and to sign up, please contact Ben Saunders at www.wabisabi-farm.com. For additional information contact Kori Ponder at Kori.Ponder@drake.edu or Linda Feiden at linda.feiden@drake.edu.

Group X Classes

The Recreational Services' Group X Summer 2016 classes are underway. Classes are FREE and no pre-registration is required. Classes are taught to accommodate all fitness levels and the equipment is provided for you. Go to <http://www.drake.edu/recservices/groupexercise/> for a complete list of class days and times.

Coming Soon!

Be on the lookout for more wellness opportunities in 2016!

- Wellness Screenings and Health Risk Assessments
- CPR Classes
- Benefits and Wellness Fair
- Flu Shots
- Blood Pressure Checks
- Bone Density Testing
- Presentations "Snooze & Lose" and "Food & Mood"
- Fitness Assessments & Nutritional Counselling
- Individual and Team Wellness Programs
- And More!

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