

WELLNESS BUCKET LIST

Fall Semester 2018

COMPLETE **3** OF THE **5** ACTIVITIES BELOW



RECEIVE: A HAT!



SIGN UP FOR BULLDOG SWIM CHALLENGE

By emailing wellness@drake.edu
Event dates: Nov. 5-Nov. 30



DOWNLOAD DRAKE REC APP, REGISTER & ATTEND A GROUP X CLASS



PARTICIPATE IN FAMILY WEEKEND:

Event date: Oct. 6
-Register (eventbrite.com)
and attend a Group X class
-Drop in Rec



BOOK A BODY COMPOSITION

By emailing wellness@drake.edu



REGISTER HAND ON ENTRY SCANNER WHEN VISITING THE BELL CENTER



COMPLETE
NOW UNTIL
NOVEMBER 30TH

Drake
WELLNESS

TAKE A SELFIE COMPLETING AN ACTIVITY AND TAG US ON SOCIAL MEDIA! AFTER COMPLETING 3 ACTIVITIES EMAIL WELLNESS@DRAKE.EDU TO VERIFY AND PICK UP YOUR PRIZE!