

FALL 2023

STUDENT EAGLE WELL PROGRAMS

AUGUST

Month Wellness Calendar Challenge: Kindness - **V**
Month MedicAlert Awareness Month

SEPTEMBER

11-30 Res Hall Step Competition - **V**
14 QPR Training: 9-10am (*Recreation Center Classroom 220*) - **IP**
15 QPR Training: 9-10am - **V**
19 Adulting: Easy Dorm Cooking: 7-8pm (*Kem/Amstutz/Andrews*) - Located in Amstutz - **IP**
24 Suicide Prevention & Awareness Walk: 2pm - **V/IP**
25-30 Well You at AU - **V**
27 Goat Yoga: 7-8pm - **IP**
30 Strength Training Basics: 11am -12pm - **IP**
Month Challenge: Write 3 things down everyday that you are grateful for - **V**
Month Awareness: Suicide Prevention Awareness Month

OCTOBER

1-21 Res Hall Step Competition - **V**
1-31 Well You at AU - **V**
3 Adulting: Easy Dorm Cooking: 7-8pm (*Clark/Kilhefner*) - Located in Clark - **IP**
10 World Mental Health Day: Author Jillian Peterson: 7pm (*Sponsored by Ashland Center for Nonviolence*) - **IP**
11 Wellness Wednesday: World Mental Health Day - **IP**
21 Homecoming 5K Fun Run: 9:30am - **V/IP**
Month Handheld Body Fat Monitor - Available for use at the Rec Center front desk! - **IP**
Month Challenge: Know your numbers for a healthier you - **V**
Month Awareness: Health Literacy Month

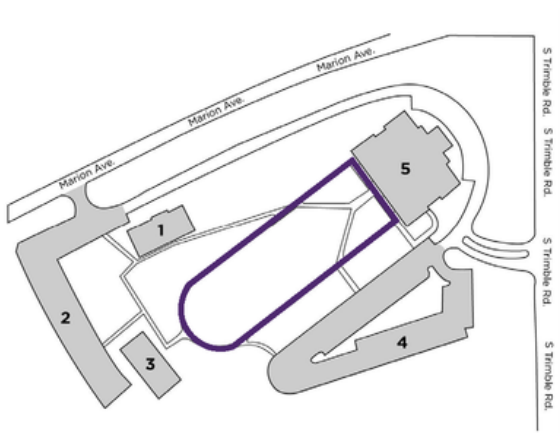
NOVEMBER

1-10 Well You at AU - **V**
6 Recycle/Donate Day: 10am-2pm (sponsored by Building Services) - **IP**
14 Adulting: Easy Dorm Cooking: 7-8pm (*Myers/Clayton/Senior Apartments*) - Located in Clayton - **IP**
Month Challenge: Use a reusable water bottle every day this month - **V**
Month Awareness: Men's Health Awareness Month

DECEMBER

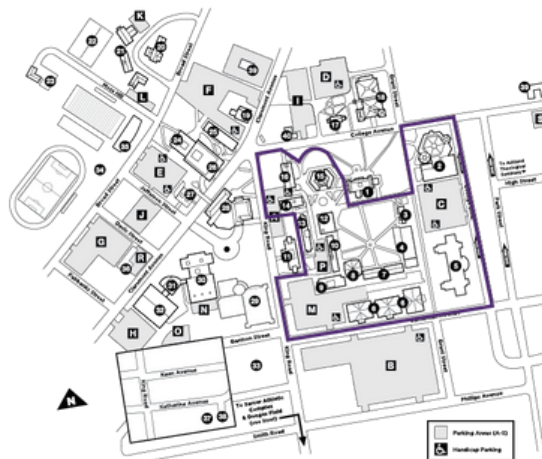
Month Challenge: Technology detox - limit your use of social media - **V**
Month Awareness: Seasonal Depression Awareness Month

COLLEGE OF NURSING AND HEALTH SCIENCES CAMPUS



1 Mile Eagle Well Walking Path
5 laps = 1 mile

ASHLAND UNIVERSITY MAIN CAMPUS



1 Mile Eagle Well Walking Path
1 lap = 1 mile

Key

V Virtual Event
IP In-Person Event

Group X



Fall 2023 Schedule

Engage



Details on wellness events and more!

Therapy Dog Thursdays

Stop by the Rec on Thursdays & spend time with our therapy dog, Teddy

Try out these longer routes!



4 Miles
"Brookside"



2 Miles
"Main Streets"

EAGLE Well
A Wellness Way of Life
Ashland University Recreation & Wellness

STUDENT PERKS

BE SURE TO TAKE ADVANTAGE OF THESE FREE OPPORTUNITIES AND SERVICES ACROSS CAMPUS!

2 FREE GUEST PASSES AT THE REC CENTER

- Full-time undergraduate students may bring 2 guests to the Rec Center for free every Friday after 3pm-Sunday.

ATHLETIC EVENTS

- Receive complimentary admission to AU athletic events with an AU ID.

COUNSELING SESSIONS

- Traditional full-time students can meet with a counselor for free for personal, social, academic or career counseling and related services to further address a variety of student's needs.

MEET WITH A DIETICIAN

- A Registered Dietitian is available to speak to students on an individual or group basis to help with special diets or help students eat healthy while living on campus. Email dining@ashland.edu if you would like to set up a meeting.

CAREER CENTER FOR LIFE CALLING

- Have your resume reviewed or receive assistance with your job search.

WRITING & COMMUNICATION CENTER

- Receive help preparing for speeches, group projects and presentations, poster presentations, and other digital communication assignments.

CENTER FOR ACADEMIC SUPPORT

- Get assistance with degree planning, course registration, campus resources, academic success strategies, homesickness, roommate challenges and understanding University policies and procedures.

TALK WITH A PEER EDUCATOR

- Need someone to talk to? Peer Educators are here to listen and guide you towards resources that will help you.

Sign up to talk to a peer educator here!



TUTORING PROGRAMS

- AU offers a variety of academic subjects tutoring from freshman to senior courses, in addition to assistance with time management, note taking, study skills, test-taking strategies, and navigating the AU website.

Sign up to meet with a tutor!



DISCOUNTS IN THE ASHLAND COMMUNITY

- Take a look at some local businesses that offer discounts to AU students. Just show your AU ID at checkout and receive a discount.

View the discounts by scanning here!



Have a question or a suggestion for a future wellness program? Contact:

Janel Molnar, Director - Recreation & Wellness
Jill MacKenzie, Assistant Director - Business Operations
wellness@ashland.edu
419.289.5440

Email us to receive wellness updates!

Handshake



On campus employment opportunities!

Prayer Request Form



Ashland Healthy Mind App



Rec Day on the Lawn

If the weather is nice, Recreation & Wellness will be on the Quad with outdoor games & activities. Look out for yard signs & social media posts!



Be sure to read *CampusWell* for wellness content... and a chance to win a \$50 Amazon gift card!

