

STUDENT EAGLE WELL PROGRAMS

Sponsored by the Student Wellness Team

AUGUST

27 Wellness Welcome: 6:30-8 p.m. - **IP**
Month Awareness: World Cancer Support Month

SEPTEMBER

10 Wellness Wednesday - **IP**
15 Wellness Scavenger Hunt - **IP**
17 QPR Training: 9-10 a.m. - **V**
18 QPR Training: 9-10:30 a.m. - **IP**
20 Tackling the Red Zone: AU Football Game: 11:30 a.m.-1 p.m. - **IP**
24 Blood Drive: 11 a.m.-3 p.m. - **IP**
25 Goat Yoga: 5-6 p.m. - **IP**
26 Fentanyl Safety Education: 10-10:50 a.m. - **IP**
28 Suicide Prevention & Awareness Walk: 2 p.m. - **IP**
Month Challenge: Repeat encouraging affirmations daily, helping to build self-esteem, reducing negative thought patterns, and serving as motivation to achieve personal goals. - **V**
Month Awareness: Suicide Prevention & Awareness Month

OCTOBER

1 World Mental Health Day: 10 a.m.-2 p.m. - **IP**
6-31 Step It Up Challenge - **V**
11 Homecoming 5K Fun Run - **V/IP**
29 Wellness Wednesday - **IP**
Month Handheld Body Composition Monitor - *stop in to use at the Rec Center front desk!* - **IP**
Month Challenge: Cut back on sugary beverages and processed snacks. Swap these for whole food alternatives, like fruits and nuts, to stay satisfied and support long-term well-being. - **V**
Month Awareness: Breast Cancer Awareness Month

NOVEMBER

1-2 Step It Up Challenge - **V**
3 Recycle/Donate Day (co-sponsored by Building Services): 10 a.m.-2 p.m. - **IP**
19 Wellness Wednesday - **IP**
Month Challenge: See how much you can minimize your waste production in a month by recycling and repurposing products. This encourages you to be mindful of your consumption and waste habits, promoting a more sustainable workplace and lifestyle. - **V**
Month Awareness: Men's Health Awareness Month

DECEMBER

1-11 Elf on the Shelf - **IP**
Month Challenge: Reconnect with someone you've lost touch with. Rekindling valuable relationships can bring joy to both parties and remind us of the importance of maintaining connections. - **V**
Month Awareness: Seasonal Depression Awareness Month

KEY

V - VIRTUAL EVENT

IP - IN PERSON EVENT

GROUP X



Fall Group X schedule

ENGAGE



Details on wellness events and more!

THERAPY DOGS

Visit our therapy dogs on campus!

Teddy

Thursdays

10am-4pm / Rec

Pip

Every other Tuesday

5:30-6:30pm / Eagles Nest

TRY OUT THE EAGLE WELL WALKING PATHS!



EAGLE Well

A Wellness Way of Life

Ashland University Recreation & Wellness



@aurecwell
@au.wellnessteam



@aurecreationandwellness



@au.wellnessteam



@aurecreationwellness

STUDENT PERKS

Be sure to take advantage of these free opportunities and perks across campus!

ACADEMIC ADVISING

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

CAREER CENTER FOR LIFE CALLING

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

WRITING & COMMUNICATION CENTER

Receive help with any written, oral, and digital assignments, such as essays, presentations, reports, and digital productions.



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.

ATHLETIC EVENTS

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

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.



TUTORING CENTER

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.



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.



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.

REC CENTER

All full-time undergraduate students, on main and College of Nursing campuses, have access to the Rec Center & have the ability to bring in 2 guests for free every Friday after 3pm-Sunday.

FOOD PANTRY

The Food Pantry is available by appointment only.

To make an appointment, please email stu-life@ashland.edu or call 419-289-5325.

It is located in the Student Center, second floor, near the office of Student and Residence Life.

AU MARKETPLACE

You can order your groceries & pick them up right here on campus! AU Marketplace allows you to order groceries online & pay with meal swipe equivalency or pay by traditional means.



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

Handshake



On campus employment opportunities!

Prayer Request Form



Ashland Healthy Mind App



Crisis Response Resources



Intentional Wellness Spaces on Campus

