

STUDENT EAGLE WELL PROGRAMS

Sponsored by the Student Wellness Team

JANUARY

- 13** Wellness Welcome Back - **IP**
22 Blood Drive (co-sponsored by AU-GIVS) - **IP**
28 Wellness Wednesday: Rock This Semester - **IP**
Month Donate blood this month; if you're unable, encourage others to donate - **V**
Month Awareness: National Blood Donor Month

FEBRUARY

- 4** Paint & Sip Smoothies: 7-8pm - **IP**
11 Wellness Wednesday: Love Yourself - **IP**
16 CPR & Other Life Saving Skills: 2-3:30pm - **V/IP**
17 Random Acts of Kindness Day - **IP**
23-27 Mental Health Week - **V/IP**
Month Opt to take the stairs, rather than the elevator - get that heart pumping! - **V**
Month Awareness: American Heart Month

MARCH

- 1-31** March Mindfulness Challenge - **V**
2-6 Safe Spring Break Week - **V/IP**
4 Wellness Wednesday: Safe Spring Break - **IP**
18 Wellness Wednesday: Go Go Healthy - **IP**
19 Rec Center Member Appreciation Day - **IP**
25 Easter Egg Hunt - **IP**
Month Eat without distractions (no TV or phone), chew slowly, and savor every bite for at least on meal a day - **V**
Month Awareness: National Nutrition Month

APRIL

- 20** Outdoor Worship Night (sponsored by Christian Ministry) - **IP**
22-30 AU CARES: End of Year Donation Stations - **IP**
22 Earth Day: Campus Clean Up (co-sponsored by AU GIVS) - **IP**
22 Earth Day: Plant Bingo (co-sponsored by CAB) - **IP**
23 Earth Day: Outdoor Yoga - **IP**
27 Destress with Animals - **IP**
29 Wellness Wednesday: Mental Munchies - **IP**
Month Find or create a quiet space for relaxation and mindfulness and visit that space at least twice a week - **V**
Month Awareness: Stress Awareness Month

MAY

- 1-9** AU CARES: End of Year Donation Stations - **IP**
9 Rec Center Spring Membership Ends - **IP**
15 Rec Center Summer Membership Begins - **IP**
Month Start each day by saying one thing you're grateful for out loud - **V**
Month Awareness: Mental Health Month

KEY

V - VIRTUAL EVENT

IP - IN-PERSON EVENT

GROUP X



Spring 2026 Group X Schedule

ENGAGE



Details on wellness events and more!

THERAPY DOGS

Visit our therapy dogs on campus!

Teddy

Thursdays

1pm-4pm / Rec

Pip

Every other Tuesday

5:30-6:30pm / Eagles Nest

TRY OUT THE EAGLE WELL WALKING PATHS!



WELLNESS WEBSITE



ashland.edu/wellness

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

