

STUDENT EAGLE WELL PROGRAMS

Sponsored by the Student Wellness Team

AUGUST

Month Awareness: World Cancer Support Month

SEPTEMBER

1 Wellness Welcome Back: 2-4pm / Quad
9 Wellness Scavenger Hunt: 10am-3pm / Across Campus
14-18 Spiritual Wellness Week (*sponsored by Christian Ministry*)
15 QPR Training: 10-11:30am / Rec Center Classroom
16 QPR Training (Virtual): 10-11am
21-25 Be the Sunshine: Notes of Encouragement / Convo Entrance (*sponsored by Safe Haven*)
24 Goat Yoga: 5-6pm / Quad
27 Suicide Awareness & Prevention Walk: 2pm (*sponsored by Mental Health & Recovery Board*)
30 Wellness Wednesday: 11am-1pm / Outside Student Center
3, 10, 17 Therapy Dog Thursday: 1-4pm / Rec & Wellness Office Suite
1, 15, 29 Take a Paws with Pip: 5:30-6:30pm / Student Center Lobby
Month Challenge: Repeat encouraging affirmations daily, helping to build self-esteem, reducing negative thought patterns, and serving as motivation to achieve personal goals.
Month Awareness: Suicide Prevention Awareness Month
Month Focus: Spiritual Wellness

OCTOBER

3 Homecoming 5K Fun Run: 9:30am / Outside Rec Center (*co-sponsored by Alumni & Parent Engagement*)
7 World Mental Health Day: 10am-2pm / Student Center Lobby
12 The Red Zone: Self Defense: 4pm / Quad (*co-sponsored by Safe Haven*)
17 Fall Fest (*co-sponsored by CAB & Dance Team*)
21 Wellness Wednesday: 11am-1pm / Outside Library
1, 8, 15, 29 Therapy Dog Thursday: 1-4pm / Rec & Wellness Office Suite
13, 27 Take a Paws with Pip: 5:30-6:30pm / Student Center Lobby
Month Challenge: Cut back on sugary beverages and processed snacks. Swap these for whole food alternatives, like fruits and nuts, to stay satiated and support long-term well-being.
Month Awareness: Breast Cancer Awareness Month
Month Focus: Emotional Wellness

NOVEMBER

10 Take a Paws with Pip: 5:30-6:30pm / Student Center Lobby
11 Wellness Wednesday: 11am-1pm / Inside Library
16 Recycle/Donate Day: 10am-2pm / Rec Center Gym Courts (*co-sponsored by Building Services*)
5, 12, 19 Therapy Dog Thursday: 1-4pm / Rec & Wellness Office Suite
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.
Month Awareness: Men's Health Awareness Month
Month Focus: Intellectual Wellness

DECEMBER

3, 10 Therapy Dog Thursday: 1-4pm / Rec & Wellness Office Suite
1, 15 Take a Paws with Pip: 5:30-6:30pm / Student Center Lobby
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.
Month Awareness: Seasonal Depression Awareness Month

Group X



Fall Schedule

Engage



Details on wellness events
and more!

Wellness Website



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



Wednesdays in the Word

12:15-12:45pm
Lower Chapel

Crisis Response Resources



Wellness Spaces on Campus

