



February News from the Wellness Center

February 2008

February Highlights: *Stress Management*

Friday talks in the Wellness Center at 12:00

Friday, February 8th: Tips for stress-reduction

Friday, February 15th: Stress and Dating Relationships

Friday, February 22nd: Stress and Family Relationships



*Bring a lunch

Ongoing Resources:

Massage:

Bianca Schmidt is available Wednesday afternoons between 12:30-5:00 for 20-minute sport and relaxation massages in the Wellness Center. The cost is \$20.

E-mail smeyer@fc.bethany.edu to sign up.

Latinas Speak Out:

Latinas meet at 4:00 each Tuesday afternoon in the Wellness Center.

Community Lunch:

On Fridays at 12:30 students, faculty, and staff meet in the Wellness Center to share a meal, some laughter, and support.

Stanford Health and Lifestyle Assessment (SHALA):

Take advantage of this great resource provided to Bethany free of charge by Stanford University. (this semester only!) go online to <http://hprc.stanford.edu>, click "log in", "become a member", "click here to register", select "group or company account", "Bethany University", and type in BU code "BU87560".

New Announcements:

- BU is starting **Cross-Country and Track and Field** teams this fall!
Contact jmeyer@fc.bethany.edu if you're interested in joining.
- New **Wellness Center hours:** M-TH 2pm-11pm, F 2pm-5pm (open for small groups, study groups, or just hanging out)
- **Dean's List Reception** February 15th from 2:30-4:00 in the Cafe
- **BU grad and current law student** speaking in chapel February 12th
- **Pi-Yo, Step, and Circuit Cardio** classes now offered in the Cardio Room.
Pi-Yo: Mon, 7pm Step: Wed, 7pm Circuit: Thurs, 7pm

February Wellness Tip: When buying chocolates for the one you love, go

dark! Look for a percentage of 60% cocoa or higher and ensure your sweetie is getting plenty of healthy antioxidants, magnesium, and potassium! Spread a little love. Spread a little health.

