Sept. 13 - “Your Wellness Resource!”
There is a saying that to “do” well, one must “be” well. This program will present an overview of wellness and provide participants with a tour of all that the Integrated Wellness Complex has to offer. Meet in the IWC, Main Lobby, by the “check-in” desk.
Presented by: Jeff Reinardy, Director of Fitness & Wellness and Pat Ferden, Chair of Counseling Services

Sept. 27 - “Acupuncture for Wellness”
Learn about what acupuncture can do for you, what an acupuncture session is like, and how Chinese medicine approaches wellness. See acupuncture in action. Kryzsko Commons, Purple Rooms 105 & 106.
Presented by Jade Fang. Jade is a licensed 2nd generation acupuncturist. She has a masters in Oriental Medicine and has studied acupuncture in Shanghai, China. She practices at Jade Community Acupuncture in downtown Winona.

Oct. 18 & 19 - “Until Someone Wakes Up”
“Until Someone Wakes Up” is a play that explores the issues surrounding sexual violence, the assault-alcohol connection, gender role socialization and healing. The play strives to inform audience members about the realities and impact of sexual violence in a community. Note: Explicit content, may evoke strong emotions in sexual violence survivors. Somsen Auditorium.
Co-sponsored by Women’s & Gender Studies, Counseling Services, All-University Sexual Violence Committee, & Wenonah Players

Nov. 1 - “Stress Busters for Students”
Just as there are many sources of stress, there are many strategies for managing it. This workshop will focus on a variety of ways to prevent, reduce, and cope with the effects of stress on the mind and body.
Kryzsko Commons, Purple Rooms 105 & 106
Presented by Wayne Theye, Student Life & Development

Nov. 15 - “Nutrition for the College Student”
Learning how to eat healthy at college can be tough...particularly when there are so many foods you can choose from in the cafeteria or your budget seems to limit you to Raman noodles. This workshop will focus on principles of healthy eating and provide you with tips, strategies and recipes to put you on the track to creating your own healthy eating plan while on a college budget. Integrated Wellness Complex, Room 138.
Presented by Jill Henscheid, Registered Dietician

All Healthy Mondays programs are held on Mondays at 7pm. WSU Healthy Mondays are co-sponsored by Health Promotion, Counseling Services, and Student Health Services. The national Healthy Mondays campaign is a project of Columbia University Mailman School of Public Health.

For more information, please contact Health Promotion at 507-457-2226