WEDNESDAY, FEBRUARY 15

ILLINI WELLNESS DAY

go.illinois.edu/IlliniWellnessDay

SPONSORED BY:
Campus Recreation • Illini Union • Illini Union Board • McKinley Health Center
Undergraduate Library • University Housing • Women’s Resources Center

FREE BREAKFAST!
Sponsored by: University Housing
8:30-10:30am • Illini Union Courtyard Café
Grab free breakfast samples as you head to morning classes.

STRESS MANAGEMENT PEERS + DOG THERAPY
Sponsored by: CU Canine Connection + McKinley Health Center’s Stress Management Peers
1-2pm • Undergraduate Library, Upper Level
Learn different strategies that you can use to manage stress, anxiety, and other mental burdens.

YOGA AT THE ARC
Sponsored by: Campus Recreation and Illini Union Board
4-5pm • ARC, Room MPR 7
Relax after a long day of class and work with some Yoga at the ARC.

BOLLYWOOD WORKOUT
Sponsored by: Ghungroo Dance Company
6-7:30pm • ARC, Room MPR 7
Promote the importance of physical health, being fit/in shape while simultaneously promoting cultural awareness.

I-HEART HEALTHY RELATIONSHIPS WORKSHOP
Sponsored by: Women’s Resources Center and Turner Fellows
7pm • Women’s Resources Center
Learn to notice what you want in relationships, what makes healthy relationships, and warning signs of abusive relationships.