

LET'S GET PHYSICAL

WELLNESS EVENTS TO MEET PEOPLE LIKE YOU



SLEEP



CONSENT



PHYSICAL HEALTH



ALCOHOL SAFETY



PHYSICAL ACTIVITY

STRESS REDUCTION AND HEALTH RESOURCES

Paws & Relax

Oct. 9, 11am-1pm, Bull Market (Next to MSC Amphitheater)

- Stop by to pet some friendly therapy dogs and meet other animal lovers. Get tips to handle the pressure midterms can bring.

usf.edu/wellbeing/outreach

Wellness Pop-Up Tents

Every Tuesday 12-2:30 pm. Follow us @wellnessusf for weekly locations

- FREE FRUIT and giveaways
- Find out how "well" you are with a WellCheck
- Talk to a Success and Wellness Coach

usf.edu/wellnesscenter

PHYSICAL HEALTH

Commit to Move for a Healthier Herd

- October is *Exercise is Medicine* month.
- Check out these events to help you start moving and feel better.

usf.edu/eim

¡Viva La Salud!

Sept. 24, 11:30am-2:30pm, MSC Atrium

FREE health screenings, stress management activities and giveaways for the Latinx community! Part of Hispanic Heritage month.

Flu Shot Competition. BEAT FSU, UCF and UF

Oct. 2, 9:30 am - 2 pm; Student Health Services, next to the Bookstore

- The school that gives the most flu shots to students wins!
- No appointment necessary. FREE t-shirts while supplies last.
- Join us for food, games, and school spirit!

usf.edu/flushots

FREE Flu Shots. Bulls aren't afraid of a shot!

- The WELL, Oct. 30, 10am -2pm, The WELL lobby
- The FIT, Nov. 6, 12pm-3pm
- FREE food, Tshirts, swag. Walk-ins welcome.

usf.edu/flushots

HEALTH EDUCATION AND PROGRAMS

Eat Well, Be Well

Sept. 18, 1-2pm; Oct. 3, 10:30-11:30am; Oct. 23, 2-3pm

Student Health Services Annex (next to Bookstore)

- FREE interactive seminar on balanced eating at college and grocery shopping on a budget. Features swag and drawings.

usf.campuslabs.com/engage/organization/wellness

Mocktail Mix-Off

Oct. 15, 11am-1pm, MSC Amphitheater

- Sample creative non-alcoholic mixed drinks hand-crafted by USF student orgs, then vote for your favorite! While you're there, learn how to Watch your BAC and keep you and your friends safe in situations that involve alcohol.

usf.edu/wellbeing/outreach

Wellness Wednesday: Sleep More, Stress Less

Sept. 18, 5:30-7:30 p.m. Village Courtyard

Sept. 25, 5:30-7:30 p.m. - Juniper-Poplar Hall Lobby

- Learn how to beat stress with healthy sleep habits.

usf.edu/wellbeing/outreach

EMOTIONAL WELL-BEING

Clothesline Project Kick-Off Event

Oct. 1, 11am-2pm.

MSC 2708

- Free coffee/tea, self-care activities and more for survivors.

usf.edu/advocacy

Fresh Check Day

Oct. 23, 11am-2pm

MSC Amphitheater

- Activities to learn about ways to take care of your mental health and look out for your friends in student-led activities. FREE food, music, games and prizes!

freshcheckday.com