

# HEALTHY CAMPUS WEEK

**SEPT 24-28**



**#HealthyCampusWeek**

**See back for details!**



CALIFORNIA STATE UNIVERSITY  
**FULLERTON**

**Students,  
Staff &  
Faculty  
Welcome!**

**FREE  
Activities,  
Snacks, &  
Chances to  
win prizes!**

**FREE  
Membership to  
Student  
Recreation  
Center for the  
week (mention  
Healthy Campus  
week at front desk)**

## **MONDAY**

---

- Mental Health Monday | Each Mind Matters | LH Bldg | 11am – 3pm
- TitanWell Hut: Self Care | LH Bldg | 11am – 3pm
- Wellness Workshop: Thought | SHCC-E Main Conf. Room | 1pm -2pm

## **TUESDAY**

---

- Rethink Your Drink | St. Jude | Quad | 10am-2pm
- The Price Tastes Right | TitanWell | Quad | 11:30am-2pm
- TitanWell Hut: Self Care | Pine Residence Hall | 4pm – 8pm

## **WEDNESDAY**

---

- Pound Fitness | St. Jude | Front of Student Rec Center | 11-1 |
- Dog Therapy | TitanWell | SHCC-W | 10:30 am – 12:30 pm
- TitanWell Hut: Self Care | SHCC– W | 11am – 3pm
- TitanWell Hut: Self Care | Student Rec Center| 4pm – 8pm
- Wellness Workshop: Thought | SHCC-E Main Conf. Room| 10am - 11am
- Ballroom Dancing | KHS 203 | 5pm-6pm | Register via MINDBODY app
- Art of Wellness: Positive Collaging| SHCC-E Main Conf. Room |12 -1:15pm
- FOODucation | Gastronome 160 | 2:30-4pm | FREE lunch | Students only |  
RSVP <http://bit.ly/fooducation> space is limited!

## **THURSDAY**

---

- World Heart Day | Eta Sigma Gamma | TitanWalk | 10am-2pm
- American Heart Association | Quad | 11:00 am – 2:00 pm
- Wellness Workshop: Thought | SHCC-E Main Conf. Room | 2pm – 3pm

## **FRIDAY**

---

- Fruit -n- Veggie Friday | PHUN | Front of Student Rec Center | 11-1pm
- Outdoor Zumba | Front of Student Rec Center | 12 - 12:50pm

**Sponsors:** HRDI | TitanWell | Department of Public Health (ESG) | PHUN | Active Minds | Employee Wellness Program | Student Rec Center | St. Jude Medical Center | American Heart Association