

# HEALTHY EI{YOU} WELLNESS WORKSHOP SERIES



Health and wellness is an important part of being a Panther! Attend open sessions to be a better YOU: nutritionally, mentally, physically, and financially.

All events are located in the Campus Rec Center Lobby and Meeting Room!

## NOVEMBER 2

5-6 PM: Healthy EI{YOU} Kickoff!

## NOVEMBER 5

1-2 PM: Panther Yoga

2-3 PM: How to Better Fuel Your Workouts

3-4 PM: How to Better Manage Your Time

## NOVEMBER 6

5-6 PM: How to Sleep Better

7-8 PM: Nutrition and Fitness Myth Busting

## NOVEMBER 7

7-8 PM: How to Buy Healthy Groceries for Less

## NOVEMBER 8

7-7:45 PM: Women with Weights

7:45-8:45 PM: Healthy Her: Women's Nutrition

## NOVEMBER 9

5-6 PM: Credit Cards, Credit Scores and More

Healthy EI{YOU} is provided by the Health Education Resource Center, Student Rec Center, and Student LIFE Office