

More fall campus wellness opportunities

Did you know that many campus units offer wellness programs besides Campus Wellbeing Services? And did you know that you can find all of these on our [wellness calendar](#)? Here's a sample of what's happening on campus this month and next:

Campus farm stand: The Sustainable Student Farm stand operates behind Illini Union Thursdays from 11 am – 4 pm.

Yoga at the Museum: Krannert Art Museum offers free yoga classes Fridays from 12 noon – 1 pm.

Healthy cooking classes: Campus Recreation offers regular healthy cooking classes. Days and times vary. You do not need to be a Campus Recreation member to partake!

WW weight management program (formerly Weight Watchers): Employees can join campus' own WW sessions. These meet in Room 249 Bevier Hall every Thursday at 12:15 pm.

Bike Maintenance 101: The Campus Bike Shop will host a couple of seminars on basic bike maintenance on October.

For more details on these and more offerings go to the Campus Wellbeing Services [wellness calendar](#).

Does your unit sponsor a campus wellness related event that you would like us to promote? Contact us at wellbeing@illinois.edu and we will be happy to add your wellness event.