



# Health Flex, Who's Next?



Tuesday, Sept. 30

10 a.m. - 2 p.m.

Healthy Vibes for Campus Lives with the Collegiate Recovery Community RSO and Exercise Science & Health Promotion Club/Faculty  
- Breezeway / Resources to help you achieve your health goals.

Prizes & Giveaways

10:30 - 11:30 a.m.

Gentle Yoga - Recreation and Fitness Center



11 a.m. - 2 p.m.

Red, Blue, and Fueled:

Lunch to Keep Your Body and Mind Healthy

- Atlantic Dining Hall / Build a Balanced Plate with your dining membership or pay at the door.

Noon - 1:30 p.m.

Ideal Nutrition - Recreation & Fitness Center

Noon - 2 p.m.

Chill & Chat with CAPS: Ice Cream, Art, Massage Chairs & More

- Counseling & Psychological Services, Student Services Room 226\*

Noon - 2 p.m.

Sleep Hoot - Owls Care Health Promotion, Student Services Room 224\*

Learn how to create a sleep routine and pick up your free sleep kits and snacks.

12:15 - 1:15 p.m.

TRX - Recreation and Fitness Center / Total Resistance Exercise

1 - 3 p.m.

SHS Clinic Tour & Flu Shots - Student Health Services, Student Services, Room 240\*

- Join us for a clinic tour, a meet and greet with our providers, and a flu shot if you'd like to receive one.

1 - 3:30 p.m.

DOS Build a Meal Challenge & Food for Thought Wall - Dean of Students, Student Services Room 222\*

2 - 4 p.m.

Aqua Board - Recreation & Fitness Center

4 - 5 p.m.

Kickboxing - Recreation & Fitness Center



5:15 - 6 p.m.

Zumba - Recreation & Fitness Center



Find even more fitness resources at MyFAU!



**\*Offices in Student Services (Bldg. SS8) are located on the 2<sup>nd</sup> floor of the Breezeway, above Starbucks.**

Reasonable accommodation should be requested of the event sponsor: Counseling and Psychological Services at [counseling@health.fau.edu](mailto:counseling@health.fau.edu) or 561-297-3540 or TTY Relay Station 1-800-955-8770. Please make your needs known as soon as possible to allow sufficient time for effective accommodations, preferably 5 days before the date of this event. Visit [fau.edu/healthwellness](http://fau.edu/healthwellness) for more information.