



Health Flex, Who's Next?



Tuesday, Sept. 30

Prizes & Giveaways

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.

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 2nd floor of the Breezeway, above Starbucks.**

Reasonable accommodation should be requested of the event sponsor: Counseling and Psychological Services at 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 for more information.

