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Office of Wellbeing October Newsletter

1 message

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ANNOUNCEMENTS

The Dimension of the Month for October is **Financial Wellbeing**, so join us for workshops and programs highlighting this dimension!

OFFICE OF WELLBEING NEWS



The poster features a central graphic with a yellow dollar sign on an orange background and the text "the PRICE is Right" in white and yellow on a red background. Below this, it says "DEAC EDITION" with a small leaf icon. The background is green with radiating lines. Text around the central graphic includes "Giftcards!", "Prizes!", "Thrive swag!", and "Games!". The event details are listed below the central graphic, and a Thrive logo is in the bottom left corner.

Giftcards!

Prizes!

Thrive swag!

Games!

**the
PRICE
is
Right**

DEAC EDITION

October 3rd | 4:00-6:00pm
Reynolds Gym
Center for Fitness & Wellbeing
Living Room

Play your favorite games from
"The Price is Right" to learn how to improve
your financial wellbeing!

 **THRIVE**

OPEN TO STUDENTS, FACULTY, AND STAFF!

BECOMING FISCALLY FIT: 

BUDGETING BASICS



TUESDAY, OCTOBER 10TH | 4:00-5:00PM
REYNOLDS GYM
CENTER FOR FITNESS & WELLBEING A330

Are you aware of your cash flow? Learn how to be fiscally fit with the OPCD's Amy Willard! Explore your spending habits, learn budgeting tips and develop a personalized budgeting plan.



Open to students, faculty, and staff
Register at pdc.wfu.edu

WELLBEING WEDNESDAYS



Consider the Alternatives...

Oct 4: Come make your own essential oils with Mystic Grove Oils. Take home your own essential oil dough!

Oct 11: Participate in live Qi Gong and Acupuncture demonstrations with 4 Branches Chinese Medical Center. Giveaways for the first 20 people!

Oct 18: Explore the exhibit with healing practices from around the world with the Museum of Anthropology. Free Raffle!

Oct 25: Play with health promoting herbs from around the world with Tree of Life Wellness Services. Snacks provided

Reynolds Gym (A330); 4:30p- 6:30p.
Open to all students, faculty and staff. Drop in Anytime!

SPONSORED BY OFFICE OF WELLBEING AND ARAMARK

GOLD APRON

COOKING DEMONSTRATION

*Stop by and learn how to make healthy snacks and try
FREE samples every month!*

One Monday per month
4:30-5:30pm
Reynolds Gym Living Room



FALL CALENDAR

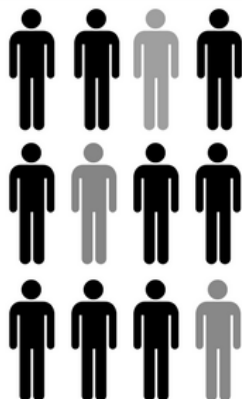
9/11/2017 Energy Bites
10/9/2017 Vegetarian Macro Bowl
11/13/2017 "Healthy Saute" Vegetables



BE ALCOHOL SMART at Wake Forest



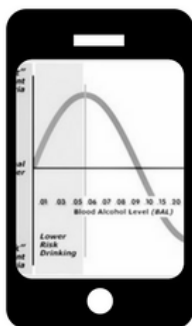
Being smart is what being a Deac is all about. Below are
some tips to help you make smart choices about alcohol:



CHOOSE NOT TO DRINK

The safest bet is to choose not to drink alcohol, and if you do you're not alone - over 1,000 Deacs* choose not to drink even when partying or socializing.

*NCHA Spring 2015 Survey



FIND YOUR SWEET SPOT

The enjoyable effects of alcohol end after about .05 BAC (Blood Alcohol Content) and negative effects set in - it's science. Use a BAC calculator to find your limit.

Free apps at iTunes and GooglePlay Stores



FUEL YOUR BODY

Eating before and during drinking is key to staying safe. Foods with protein and fats are the best. Remember to stay hydrated too!

Tip: Alternate with non-alcoholic drinks to pace & space.



AVOID PUNCH

Most hospitalizations related to alcohol at WFU are the result of punch. Punch is dangerous because it makes setting limits impossible. It is also a conduct violation.

Tip: Always know what's in your drink

KNOW THE RULES



KNOW THE RULES

Don't jeopardize your hard work with a conduct record. Know the WFU Alcohol And Other Drugs Policy.

www.alcohol.thrive.wfu.edu

FOR MORE INFORMATION VISIT WWW.ALCOHOL.THRIVE.WFU.EDU



MORE ON-CAMPUS EVENTS



CHECK UP FROM THE NECK UP

10/2 Davis Field

10/3 Worrell

10/4 Manchester Plaza

10/5 Manchester Plaza

10/6 Davis Field

Time :

11:30 am -

1:30 pm

Each day



FREE ICE CREAM & GIVEAWAYS

When you see a **RED FLAG** for relationship violence, say something.

THE RED FLAG CAMPAIGN

Wake Forest University, October 2017

Relationship Values & Friendship Bracelets

Monday, October 16

11:30 am—1:30 pm

Manchester Plaza

Create a unique throwback friendship bracelet representing the qualities you value in relationships with friends, romantic partners, family, classmates, and others.

Cute vs. Creepy

Tuesday, October 17

11:30 am—1:30 pm

Living Room, Reynolds Gym

What are the things in a dating or relationship scenario that you think are cute? What about those that are creepy? Anonymously share your thoughts and respond to others as we think about what things are cute or creepy.

Relationship Values & Friendship Bracelets

Wednesday, October 18

11:30 am—1:30 pm

Manchester Plaza

Create a unique throwback friendship bracelet representing the qualities you value in relationships with friends, romantic partners, family, classmates, and others.

Red Flag Display and Create Your Own

Thursday, October 19

11:30 am—1:30 pm

Tribble Courtyard

Can you recognize red flags when it comes to relationship violence? View the red flags that will be on display, learn how to spot and respond to red flags in dating and relationships, create your own red flags, and more.



Meditation Classes

Mondays | 4:30—5:30 p.m.

Mid-Week Meditation

Wednesdays | 12:00—12:30 p.m.

A330 Seminar Room
Reynolds Gym

COME AS YOU ARE, NO EXPERIENCE NECESSARY.



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