

Winter campus wellness activities

Stay well this winter without leaving campus! Our campus offers a wide variety of wellness opportunities. Want to skate during your lunch hour? Check that. Learn how to make sushi? Got it. Start a meditation routine? That's available too. Continue reading for a list of what's happening this semester:

Lunchtime Skating: Have fun and get active at our campus' ice arena. Skating is offered during the noon hour Monday - Friday. Open to the public. Learn more [here](#).

Walking at the Armory: Stay active without facing the winter weather elements. The Armory offers indoor walking on their track all week. Memberships range from a day pass to a lifetime membership. [Click here](#) to learn more.

Get Savvy financial wellness webinars: These monthly web-learning sessions will help you gain control of your finances. The first session is January 24 at 1pm. Learn more [here](#).

Digital Detox at Allerton: Treat yourself to a delightfully relaxing and rejuvenating event. This event will be held January 27-28 at the Allerton Park and Retreat Center. Register at allertoninfo@illinois.edu 217-333-3287. [Click here](#) for more information.

Free group fitness week: Check out what Campus Recreation has to offer during their free group fitness week, January 16 - 20. For more info, [click here](#).

Yoga sessions at Krannert Art Museum: This free program meets Fridays from noon – 1pm. Bring your own mat. Space is limited – first come first served. Learn more [here](#).

Mindfulness training: The campus' Psychological Services Center offers Mindfulness Training courses. These eight-week programs start at various points during the semester. Learn more [here](#).

Campus Recreation cooking classes: Learn to prepare healthy foods in a fun atmosphere. This semester's classes focus on international cuisine. The first session is at 5:30 pm on January 24, and will feature how to make sushi. [Click here](#) to learn about the whole series.

Weight Watchers: This convenient program meets Thursdays at 12:15 pm in Bevier Commons. See dates and times [here](#).

Well on the Web: Well at Work – on the web! consists of five monthly web-learning sessions. Participants will discover practical ways to improve their wellness at work, and will learn about helpful campus resources. The first session is Tuesday January 30 at noon. Register for these sessions [here](#).

Healthy Weigh: Lose weight the Healthy Weigh. This eight-week program features life skill development, fun learning activities, group support and accountability. Classes meet Tuesdays at 5:15 pm starting February 8. Register at wellbeing@illinois.edu, and see program dates and times [here](#).

YesPlus Meditation Retreat: YesPlus will conduct an immersive meditation retreat on February 23 – 25 at the Illini Union. Participants will learn the SKY meditation technique. This scientifically validated breathing practice increases well-being and calmness, and reduces anxiety. [Click here](#) to register for this free event.

YesPlus weekly yoga and meditation: De-stress and energize your body and mind with this yoga and meditation session. Yoga mats are provided. This free program meets every Monday 6:30-7:30 pm at the Orchard Down Community Center, and every Friday 6-7 pm at Illini Union Room 314. Learn more [here](#).

Find it all: Discover all our campus' wellness happenings on our [wellness calendar](#).