

## More summer campus wellness

Just because its vacation season doesn't mean wellness activities disappear. Besides the wellness activities we've featured in other parts of the newsletter, there are a wide variety of programs available: everything from the campus farm stand to weight management and yoga. Check out the myriad of campus summer wellness offerings below.

**Armory:** The Armory is a convenient and inexpensive option for people who want to walk inside. This can be a nice option on extremely hot days. The Armory offers a wide variety of memberships ranging from single day to yearly. They also have a special lifetime membership for older adults. Learn more at [http://fightingillini.com/sports/2015/3/24/uiarmory\\_info.aspx](http://fightingillini.com/sports/2015/3/24/uiarmory_info.aspx)

**Campus Farm Stand:** Campus' own Student Sustainable Farm operates a farm stand on the south side of the Illini Union on the main quad every Thursday from 11 am – 4 pm. Learn more at <https://www.thefarm.illinois.edu/>

**Campus Recreation:** Summer is a great time to check out what Campus Recreation has to offer. Not only are the facilities less crowded, but you can join for a reduced summer rate. Take advantage of their wide array of fitness options, including outdoor pool and aquatic classes, group fitness, strength training, aerobic machines, indoor track, and much more. Go to <http://www.campusrec.illinois.edu/> to learn more about Campus Recreation offerings or <https://campusrec.illinois.edu/member-services/membership-fees/> to see details about a summer membership.

**Prairie Sanga Meditation:** The Meditation Student Organization (MSO) offers weekly meditation sessions (Mondays at 6:30 pm at the Quaker Meeting House and Thursdays at 7:30 pm at the Prairie Zen Center). They also offering introduction to Zen practice sessions periodically. There is no need to have any meditation experience. For more information: <http://msouiuc.weebly.com/join-us.html> or [mso.uiuc@gmail.com](mailto:mso.uiuc@gmail.com)

**Weight Watchers:** Weight Watchers meets every Thursday in Room 249 of Bevier Hall (Bevier Commons) from 12:15 pm – 12:45 pm. Confidential weigh-in starts at noon. Details about cost and attendance will be provided at your first meeting. For more info, or to register, please contact Barb Vandeventer at [vandvntr@illinois.edu](mailto:vandvntr@illinois.edu).

**Yoga at Krannert Art Museum:** Lunchtime yoga continues through the summer. This free class introduces participants to the fundamentals of hatha yoga: seated and standing asanas (poses), breath awareness, and relaxation techniques. Bring your own mat.

- Starting June 1: 11:30-12:30pm Fridays (please note this is a new time)

Learn more at: <https://kam.illinois.edu/event/summer-yoga-museum>

Details about all these and more can be found on the Campus Wellbeing Services calendar <http://calendars.illinois.edu/list/2074>