

# More campus wellness opportunities

So far in this edition of the employee wellness newsletter we have highlighted some upcoming the activities sponsored by Campus Wellbeing Services. But, did you know that many other campus units provide wellness programs? Read on for a sample of what is going on around campus this fall.

## Cooking classes

- [Healthy Cooking Series at the Activity and Recreation Center](#)

## Fitness

- [Free group fitness week at Campus Recreation](#)

## Yoga

- at [Krannert Art Museum](#)
- at [Allerton](#)

## Meditation

- At [Spurlock Museum](#)
- Through [Meditation student organization](#)

## Mindfulness training

- Through [Campus Psychological Services](#)

## Healthy eating

- [Sustainable Student Farm Stand](#)
- Campus Recreation [Get Fresh](#) program

## Weight Management

- [Weight Watchers at work](#)

## Outdoor wellbeing

- [Family camp out at Allerton](#)

Want to see all wellness activities from all campus providers in one convenient place? Check out the Campus Wellbeing Services [wellness calendar](#)!