

More campus wellness opportunities

Got cabin fever? There's no need to stay cooped up in your office or house. Campus winter wellness opportunities abound! Continue reading to discover what's happening on campus this winter.

Here is a summary of some of the wellness activities happening on campus this winter. For a full listing, visit our [wellness events calendar](#)

Weight Watchers at Work: This convenient program meets in Bevier Commons, 249 Bevier Hall (905 South Goodwin Avenue, Urbana), Thursdays from 12:15 – 12:45 pm. Contact Barb Vandeventer for more information vandvntr@illinois.edu or visit <https://calendars.illinois.edu/detail/2074?eventId=33311586>

Get Savvy Financial Wellness Webinars: These free monthly sessions are sponsored by the UI Extension Financial Wellness office. Topics include: Identity Theft & Fraud, Money in Relationships, Cover Your Assets, Student Loan Repayment and Choosing a Financial Pro. Attend as many as you like. All webinars are on Wednesdays at noon. For more information contact Kathy Sweedler at sweedler@illinois.edu or 217-333-7672. Or visit <https://calendars.illinois.edu/detail/2074?eventId=33311111>

Keys for Embracing Aging Series: This free 11-part series helps adults develop strategies for taking care of themselves in order to age more gracefully. Topics include physical activity, brain activity, social activity, and more. Register for one or as many classes as you like. Sponsored by the UI Extension. These sessions meet monthly at 10 am. The location is Champaign County Extension Auditorium, 801 N Country Fair Dr, Champaign. For more information go to <https://calendars.illinois.edu/detail/2074?eventId=33325571>

(more)

Prairie Zen and Sangha Meditation: The Meditation Student Organization offers a variety of opportunities to learn and practice meditation. These sessions are free and open to everyone, not just students. You do not need to have any meditation experience to attend. For more information go to

<https://calendars.illinois.edu/detail/2074?eventId=33326838> or

<https://calendars.illinois.edu/detail/2074?eventId=33326857>

Walking at the Armory: Stay warm and dry while you walk! The Armory offers a wide variety of affordable memberships, from one day passes to lifetime memberships. For more information go to

http://fightingillini.com/sports/2015/3/24/uiarmory_info.aspx

Bowling at the Union: A fun way to get some light exercise and have fun during your lunch hour or after work! You can bowl as an individual, or you can make a group reservation. The lanes are open from 11:30 am – 11:30 pm. Some food is available at the lanes. Or choose from a wide variety of foods at the adjoining Courtyard Café. For more information or to reserve a lane: iurecroom@illinois.edu or 333-2415.

This is just a sample of the wellness activities on campus. Find many more on our [Campus Wellness Events Calendar](#)

****Are you a campus organization that offers any sort of wellness activity? Let us post them on our campus wellness events calendar! This is a great way to promote your programs. Our website is highly visited, and this is the one place on campus where people can find wellness activities from many if not all campus providers. Send your events to wellbeing@illinois.edu or call us at 265-9355.