Health Hut

Thursdays 11:30 AM - 1:00 PM

HOW DO YOU STAY WELL?

Come by Hemmingson for info on different wellness topics, giveaways, and tips on how to be a better you.

Questions? Contact the Center for Cura Personalis at ccp@gonzaga.edu or (509) 313-2227.

January
• 21st: Goal Setting
• 28th: Eating Disorders/Body Image

February
• 4th: Caffeine
• 11th: Healthy Relationships
• 18th: Easy Exercise
• 20th: Tent City Trivia

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March
• 1st-4th: Healthy Living Week
• 17th: Alcohol
• 24th: Sleep
• 31st: Nutrition

April
• 7th: Sexual Assault Awareness
• 14th: Prescription Stimulants
• 21st: Getting Active Outside
• 28th: Managing Finals Stress