KORU Mindfulness Classes

Koru Mindfulness Classes officially started! Koru Mindfulness is a 4-week course where participants learn mindfulness and meditation skills. Learn to cope with stress, improve your sleep, and practice self-compassion!

Join us! Sign up here: wellness.appstate.edu/koru-mindfulness

Upcoming sessions:

1. **Thursdays: 1pm - 2:15pm.**
   10/14/2021 - 11/4/2021 in Student Union.
   Teachers: Elisabeth Cavallaro and PJ Nelson

2. **Thursdays: 2pm - 3:15pm.**
   10/28/2021 - 11/18/2021 in Student Union.
   Teachers: Ben Asma

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Are you Vitamin D Deficient? Over 40% of Americans have insufficient levels of vitamin D. Vitamin D promotes bone and muscle health, a healthy immune system, and the prevention of and management of chronic diseases.

Your body makes vitamin D when exposed to sunlight, so try to get outside for at least 15 minutes of direct sunlight 3 days a week. You can eat your vitamin D in fortified milk and other dairy products, eggs, fortified cereals, fortified orange juice, and fish like salmon, tuna, and sardines. Talk to your doctor and ask them if a Vitamin D supplement is right for you.
Suicide Prevention Month

Suicide Prevention month reminds us to engage with our friends and community members and listen to the stories of those that battle with suicidal thoughts and actions. Take the free Suicide Prevention Course on ASUlearn to learn how to take an active and personal role in suicide prevention in your community. Take the course here: preventsuicide.appstate.edu
Talk with a Peer Educator!
Students dedicated to the health and well-being of their fellow App State students.

Request a Presentation/Schedule a meeting:
https://wellness.appstate.edu/peer-education-1551273316

Red Flag Educators-
Educate on “red flags” of sexual, interpersonal, and dating violence.

WE CAN-
Implement programs encompassing body image, mental health, nutrition, and sexual health.

WE COACH-
Guiding students through common college challenges in 1 on 1 sessions.

Health Wellness and Safety Week was a Grand Success!!
After an incredible week of Wellness Education and Outdoor Fun, we reached nearly 400 students, faculty, and staff!

Events Included:
- Pandemic Processes Town Hall (Virtual)
- Health, Wellness, and Safety Festival
- Glow. Run. Dance
- Title IX Forum (Virtual)

"Come out and join us next year as we continue to strive for a healthier and safer App State!"
Watch our stream on TWITCH!

https://www.twitch.tv/appstate_wellness

Tune in to watch us play these great games and join the conversation as we talk about Wellness!

Follow Us On Instagram for Our Stream Schedule!!!

https://www.instagram.com/appstate_wellness/?hl=en

Flu Clinics

Receive a free flu shot!

Please bring your student ID and proof of insurance!

October 7th - from 5:00-8:00 in room 124ABC in the College of Education

October 14th - from 5:30-8:00 at the East Side of the Football Stadium

October 18th - from 5:00-8:00 in room 124BC in the College of Education
Celebrate EveryBODY Week
October 22nd-25th

"Celebrate EveryBODY Week is a chance to raise awareness about body image concerns and disordered eating. Join us as we discuss the correlation between media and body image while providing information about on-campus resources."

"Leave your ________ behind"
Monday, October 22nd
PSU Contact Table #6
As the leaves change, join us in leaving something behind in support of positive body image and celebrating everybody!

"Take a note, Leave a note"
Tuesday, October 23rd
PSU Contact Table #8
Join our WECAN Educators in spreading positivity by taking a note or leaving a note!

"AppEats"
Thursday, October 25th
PSU Contact Table #6
Learn about some tasty recipes, made by students, for students. Try one of our favorite easy to make recipes, PowerBalls!

"Trivia Night"
Wednesday, October 24th
PSU Whitewater Cafe
Come hang out and compete for prizes! Bring a team or join a team upon arrival. Teams are limited to 5 people.

Website: wellness.appstate.edu
Instagram: appstate_wellness
Tiktok: wellness.appstate