

2019 Wellness Fest

Takes place March 25-29

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(Photo by Tanya Ebenezer)

University Wellness presents the 4th Annual Wellness Fest from March 25–29, 2019. This year's theme is "Transform Together." The week includes relaxation games, tasty food, pop-up workouts, environmental awareness and student VIP tours of the Andreasen Center for Wellness. Be a part of making Andrews the healthiest University in the world!

Schedule

#MINDFULMONDAY (March 25)

CTC Therapy Dogs (12–2 p.m. | Campus Center)

CTC Breathing Room (12–2 p.m. | Leadership Lab)

Campus Ministries Interactives (9 a.m.–5 p.m. | Campus Ministries)

Daily Wellness Theme Booths (4–5 p.m. | Campus Center)

Student Tours Kick-Off (Andreasen Center for Wellness)

5–6 p.m.

6–7 p.m.

7–8 p.m.

#TASTYTUESDAY (March 26)

HR Popcorn Stop (11 a.m.–2 p.m. | Administration Building)

NFSA Food Booths (12:30 p.m. | Campus Center)

Food Ed Booth (Campus Center)

College Wellness 101 Dietetics (11:30 a.m.–12:20 p.m. | Buller 251)

Employee Tour (4–5 p.m. | Andreasen Center for Wellness)

#WORKOUTWEDNESDAY (March 27)

Pop-up Workouts (see below for more details)

Fitness Flash (12:24–12:27 p.m. | Campus Center Lawn)

Zumba Workout (6–7 p.m. | Lamson [Co-ed])

Student Tours (Andreasen Center for Wellness)

5–6 p.m.

6–7 p.m.

7–8 p.m.

#THOUGHTFULTHURSDAY (March 28)

Reusable Straw Booth (2–5 p.m. | Campus Center)

Sign the Floor Celebration (5–7 p.m. | Andreasen Center for Wellness)

#FLUIDFRIDAY (March 29)

Infused Water or Tea (various departments)

Employee Tour (4–5 p.m. | Andreasen Center for Wellness)

Departmental #AUPlankChallenge (March 25–27)

Each department will have the chance to participate in the #AUPlankChallenge. Whoever has the most people in one picture will win our first ever wellness trophy! Pictures have to be submitted by Workout Wednesday (12 p.m.). Trophy will be announced on Thursday at Chapel during "The Feed."

Fitness Flash (Wednesday)

In front of Nethery Hall: Oliver Glanz, Tacyana Nixon and Gretchen Krivak will wear a shirt with clothespins on the back. Students will chase the faculty/staff and whoever catches them and takes the clothespin off the shirt wins a free massage pass.

Pop-up Workouts

- **Biology** (1:20 p.m. | second floor, Science Complex)
- **Meier Hall** (Lobby)
- **Marsh Hall** (3 p.m. | third floor)
- **Administration Building**
- **University Communication**
- **Lamson Hall** (2 p.m. | Lamson Aerobic Room)
- **Nethery Hall** (9:20 a.m. first floor and 2:20 p.m. second floor)
- **ITS**
- **NFSA** (12 p.m. | Campus Center)
- **Bell Hall** (12:30 p.m. | main hall)

- **University Towers Lobby** (*Between 2 p.m. and 3 p.m.*)
- **Smith Hall** (*5 p.m.*)
- **Architecture** (*3 p.m. | Studio class*)
- **Buller Hall** (*12:30 p.m.*)
- **Physical Therapy**
- **Seminary** (*10:20 a.m., 12:45 p.m., 3 p.m.*)
- **Harrigan Hall** (*11:20 a.m.*)