Wellness February Events

Train for a ‘K’

February 7th—February 28th
(10—20+points)

Other than not smoking, engaging in regular exercise is the number one thing you can do for your health. Get moving this month by joining our K Team — Kilometer Team that is.

On February 28th, Wellness will offer three different kilometer courses right here on campus: a 3K (1.8 miles), 4K (2.5 miles), and 5K (3.1 miles) that you can complete on your lunch hour (11:30am –1:30pm).

Train for your K with Wellness. Sign-up for one of our optional 3-week Mini Training Programs to get you to the starting line in tip top shape. Earn an additional 5 HealthyU points for training with us.

Get a Go Red t-shirt! 15 participants will receive our 2018 Show Your Heart the Love t-shirt.

Train for a K Here!

Lunch & Learn: Cooking For Your Heart

Tuesday, February 13th, 12pm (10 points)

Want to learn how to make a delicious, heart-healthy meal your whole family will enjoy? Join us for a cooking class with Aramark chefs who will provide you with the recipes and skills to be heart healthy at home. Want to win a Go Red t-shirt? RSVP by Thursday, February 8th

Valentine’s Day Stress Workshop

Wednesday, February 14th, 12pm (10 points)

Stress can take a toll on your health and your heart. Show your heart the love this Valentine’s Day with an interactive stress busting workshop with Dr. Bowden Templeton. The workshop’s theme will be love, and will include gratitude and appreciation activities and a loving kindness meditation. Get signed up here

Eat This, Not That!

Thursday, February 15th, 12pm (10 points)

Heart healthy eating doesn’t have to mean sacrificing on taste or giving up the foods you love. Join us with Registered Dietician, Marsha Lewis, who will show you simple swaps you can make to improve your diet without feeling deprived. Can’t join us in person? We will offer an online viewing option so you can participate virtually. Get signed up here

AngioScreens® presented by Navicent Health

Tuesday, March 6th, 8am—5pm (20 points)

AngioScreens® are non-invasive vascular screenings provided by Navicent Health. Navicent Health will be offering these screenings on campus, with appointment times available to meet your schedule. AngioScreen® is designed to provide you with information about your circulation and your risk of heart disease or stroke. In only 6 minutes, this health screening can provide you with information about your heart rhythm, neck and leg arteries, blood pressure and fitness. The cost of this screen is $50 (payment can be made using your flex spending account). Learn more about AngioScreens® by visiting Navicent Health here. Reserve your appointment time here

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