Wellness May Events

It’s the Final Countdown!
May—June (50 points)

The current HealthyU Year ends June 30. Maximize your incentive and earn a full month’s points (50) by scheduling your Health Risk Assessment (HRA) between now and June. Your HRA includes body composition assessment, blood pressure, blood sugar, and cholesterol screenings, as well as an optional fitness assessment. Your HRA can be scheduled at any time that’s convenient for you and takes only 15 minutes.

Schedule yours today!

4-Week Spring Clean Challenge
Wednesday May 16th — Wednesday, June 13th (30+ points)

Reduce your clutter, reduce your stress! This month, tackle those organization projects you’ve been putting off at home or in your workspace. Each week we’ll offer an organization project you can complete including tips on how to get started and make the most of your time. For each project you tackle, you’ll earn 8 HealthyU points; complete just one or all four. We’ll have projects for both home and work that won’t take up your whole weekend, but will make a big difference toward de-cluttering your life.

Learn more about our Spring Clean Challenge here.

Lunch & Learn: Tips From a Pro (Organizer)
Wednesday, May 16th, 12pm (10 points)

The U.S. Department of Energy reports that 25% of households with two-car garages don’t have enough space to park their cars in them. If that sounds like you, or if you’re just someone who wants to learn how to stay organized at home or in the office, join us for L&L with professional organizer, Debbie Johnson, who will share her clutter-free lifestyle secrets with you. RSVP by Tuesday, May 15th to receive lunch.

All-Levels Boot Camp
Tuesdays, 5:15pm beginning May 15th (8 points/session)

Want a workout that’s challenging but a ton of fun? Join us for a 4-week boot camp style program that offers both strength and aerobic exercises in a variety of formats; no two sessions are the same. All exercises can be modified for lower intensity, or dialed-up for an increased challenge. Sign up today!

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