

Be Your Healthiest, Best Self IN OCTOBER

FOR FACULTY AND STAFF

October Wellness Events

Don't let the changing seasons change your priorities! Stay focused in fall with these upcoming programs. You'll feel better, live better, and plan better for retirement.

Move more

Walktober

October 1-31

October is superb for walking! Enjoy the sights, sounds, and smells of autumn while boosting your activity level. Participate on your own or with a team. Learn more at healthymonday.syr.edu/walktober/.

Free fitness class sampler...no registration required!

Wednesdays through November 15

Various locations
12:15-12:45 p.m.

Join us for a variety of **free** lunchtime fitness classes, including body toning, boot camp, and yoga. Classes are first-come, first-served. Bring a mat, water bottle, and coworker.

Register today

at wellness.syr.edu/events. If you have requests for accessibility and accommodations, please contact us at 315.443.5472 or wellness@syr.edu.

Stay connected

Don't miss important program updates. Just go to wellness.syr.edu and subscribe to our e-newsletter today!

Questions?

Email wellness@syr.edu
or call **315.443.5472**.

Live well

Heart-healthy living series

Main Campus

Must register by October 6

October 10, 12, 17
Hall of Languages, Room 500
12:15-12:45 p.m.

South Campus

Must register by October 16

October 19, 24, 26
Skytop Office Building
second-floor large conference room
12:15-12:45 p.m.

Learn how to maintain a healthy lifestyle in today's busy world. This three-part series will focus on heart health basics, the benefits of physical activity, and nutrition.

Save Smart

Dumping debt

October 27
Eggers Hall, Room 010
12:10-12:50 p.m.

Are you feeling anxious about debt? Join this lunchtime conversation and learn tips and strategies for minimizing expenses, maximizing income, and setting a debt-free date.

Brought to you by the Syracuse University Wellness Initiative.

wellness.syr.edu

