WELLNESS ACTIVITIES
2014 - 2015

ENGAGE IN 2 EXPERIENCES OF URBAN EXPLORATION
• Discover food choices at a local vegetarian or raw food restaurant.
• Discover what’s new in health and science at the National Museum of Health and Medicine to look at the history and future of medicine.
• Get your body in gear and support healthy causes by joining a health-oriented run or walk for cancer, diabetes, heart health, etc.
• Drink for your health by visiting a local juice bar and order a healthy fruit or vegetable juice.

ENGAGE IN 2 EXPERIENCES OF INQUIRING MINDS
• Attend or host a Wellness Center workshop and learn something new about safe sex, stress management, women’s health, study skills, and more.
• Attend a Wellness Center event and get introduced to services, resources, UIC departments, or community exhibitors that are geared to a healthier and smarter you.
• Get smart by visiting three Smart Living tables in the Pier Room and not only learn something new but receive a free resource.

ENGAGE IN 2 EXPERIENCES OF COMMUNITY
• Become a UIC Agent of Peace by bringing the power of peace with you into every situation.
  Register with the Wellness Center to help to bring respectful behavior and communication into our UIC community.
• Join Wellness Advocates Volunteering to Educate Students (WAVES), a fun health oriented student organization. Discuss trending health topics and try out new physical experiences like yoga, tai chi, meditation, or just plain dancing.
• Be good to yourself and experience the ultimate in relaxing and detoxing your body by getting a massage at UIC Campus Recreation.

For more information, visit www.uicexperience.uic.edu.
The UIC Experience is a co-curricular opportunity that enhances students’ learning and development as tomorrow’s global leaders by reinforcing three key areas: urban exploration, intellectual inquiry, and engagement in a diverse community.

URBAN EXPLORATION

INQUIRING MINDS

COMMUNITY

The UIC Experience exists in Chicago’s world-class URBAN center where INQUIRING minds explore within a richly diverse campus COMMUNITY, with the goal of helping develop tomorrow’s global leaders.

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