

# DARE to be Healthy Wellness Week

October 3-7th

*Give It A Try.*



DEPARTMENT OF HEALTH  
PROMOTION AND PREVENTION

## Meatless

# MONDAY



Eat Meatless today!

**11:00am-2:00pm**

*Campus Center*

Stop by the table for recipes, tips, and more for going meatless!

**5:00pm-7:00pm**

Try a meatless meal

with the EcoReps & GreEco Reps!

Submit your favorite vegetarian or vegan recipe to the recipe contest!

*Carmichael & Dewick*

## NATIONAL DAY WITHOUT STIGMA

Presented by Active Minds Tufts  
find us in the Campus Center from 11-2

## Take 10 Tuesday!



Take 10 Minutes to Relax Today

**11:00am-11:45am**

Drop-in International Social Dance  
*Academic Quad (near Jumbo statue)*

**11:00am-2:00pm**

Five Minute Stress Strategies

*Campus Center*

**2:00pm-2:45pm**

Drop-in Kathak Dance

*Tisch Roof*

**3:30-4:30pm**

Yoga

*Tisch Roof*

**7:30-8:30pm**

Zumba

*Harleston Hall Lounge*

## WATER Wednesday

Ditch the sugary beverage and drink more water today!



*Campus Center Tabling*

**11:00am-2:00pm**

FREE giveaways and delicious fruit infused water recipes.

**2:00pm-5:00pm**

Water bottle decorating with Eco-Reps.  
Including design your own stickers!

## Thrive on

# Zzz's



Get 8 hours of sleep!!

## Thursday

**11:00am-2pm**

*Campus Center*

Stop by the table for sleep tips and FREE giveaways to help you get your zzz's.

## FIT



# FRIDAY!

Move for 30-60 minutes today

**11:00am-2:00pm**

*Campus Center*

Stop by the table for fitness tips and resources.

**2:00pm-3:00pm**

Strength & Conditioning Class

*Residential Quad*

## Giveaways! Every Day!

**Campus Center**

**11am-2pm**

[go.tufts.edu/healthyliving](http://go.tufts.edu/healthyliving)

**Give It A Try**