Words of Wellness

Brought to you by the Nena Amundson Lifetime Wellness Program

Sustainability: Cooking Classes
Visit the sustainability website at: https://www.luther.edu/sustainability/food/education/classes/cooking/ to sign up and for class descriptions.

*If you are participating in the 2014 CSA reimbursement program, these classes will count towards your 2 required food education events

Coming up this week:
- Wednesday, July 16th **Quick and Simple Salad for a Fast and Easy Lunch**
- Thursday, July 17th **Make Your Own Greek Yogurt**

The Power of Positive Thinking

“**A negative mind will never give you a positive life.”**

Beat the Heat! Hydrate!

Water is essential to good health. Especially during the hot summer months, it important to stay hydrated. Water can:
- Help you maintain normal body function
- Make you feel better in your everyday life
- Lessen the urge for empty calories and help you maintain a healthy body weight
- Increase your energy level

walkLUTHER

Please join us in week 6 of walkLUTHER!

Meets **MONDAY, WEDNESDAY**, and **THURSDAYs** at 9:30am in front of Main.

Congratulations to Debbie Carr, our walkLUTHER week 5 drawing winner!

For more info. visit https://www.luther.edu/studentlife/wellness/walkluther/

Summer Hours

- **Regents and Legends Center Hours**
  Monday-Friday: 6:00am-8:00pm
  Saturday & Sunday: CLOSED

- **Pool: Lap Swim**
  Monday-Friday: 11:00am-1:00pm
  Saturday & Sunday: CLOSED