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

**super-food**

A nutrient-rich food considered to be especially beneficial for health and well-being.

*Top Superfoods Offering Super Health Protection*
- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin
- Salmon
- Soy
- Spinach
- Tea (green or black)
- Tomatoes
- Turkey
- Walnuts
- Yogurt

**walkLUTHER**

Please join us in week 8 of walkLUTHER!

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

Congratulations to Judy Hageman, our walkLUTHER week 7 drawing winner!

For more info. visit [https://www.luther.edu/studentlife/wellness/walkluther/](https://www.luther.edu/studentlife/wellness/walkluther/)

**Stay in the loop!**

Each week’s Words of Wellness is now available online at [http://www.luther.edu/studentlife/wellness/wordsofwellness/](http://www.luther.edu/studentlife/wellness/wordsofwellness/)

**Sustainability: Cooking Classes**

Visit the sustainability website at: [https://www.luther.edu/sustainability/food/education/classes/cooking/](https://www.luther.edu/sustainability/food/education/classes/cooking/)

*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:**
- Tuesday, July 29th **Cooking with Children: A Labor of Love (parent edition)**
- Wednesday, July 30th **Pickles!**

**Wellness Tips: Emotional**

- Set aside some quiet time to write your thoughts about your goals, values, or concerns. If something negative comes to mind, flip the page, write it there, and clear it from your head. Once you’re done, take time to read over your positive thoughts.
- Make a regular habit of mind/body practices such as yoga, tai chi, and meditation to reduce your emotional reactivity.