What is Wellness?

Wellness combines the five traditional dimension of physical, mental, emotional, social, and spiritual well-being into a quality way of living. Luther is committed to a wellness environment and see this as part of the fabric that is woven throughout the entire campus.

Providing a faculty/staff may be the most challenging part of our position. How can you provide a program that fits everyone’s lifestyle?

What is important for a healthy lifestyle for one person may not be for another. Two mistakes are made when implementing a wellness program. First, the main focus is on the physical dimensions, and second it does not fit our lifestyle. To make changes in our lifestyle takes time and must begin with slow, subtle changes.

We are excited to take this challenge on, the challenge of weaving the wellness philosophy through the fabric of Luther’s environment.

Looking for ways to Volunteer?

Established in the Fall of 2013, the goal of Luther’s Cafeteria to Community Program is to ensure that good food makes it into the bellies of those who need it. Through this program, student volunteers work in close collaboration with dining services staff to package food into quart sized containers that will be labeled and delivered to the First Lutheran Church Food Pantry twice weekly. Donations include soup, main entrees, homemade pasta sauce, vegetables, salads and more. This summer the program is being headed by seniors Sophia Ristau and Chrisann Zuerner as part of their responsibilities for the Greening Churches summer internship.

In order for this program to run smoothly, the help of many volunteers – students, faculty, staff is needed. Summer packaging shifts will take place 2-3 times per week at 2:00pm and each shift will require 2-4 people. They are still looking for volunteers on Monday July 7th, Monday July 21st, Monday July 28th, and Wednesday July 30th. Please visit https://www.luther.edu/sustainability/food/regional/caftocommunity/ for more information and sign-up!

Sustainability: Cooking Class

Throughout the year the Center for Sustainable Communities provides opportunities for students, faculty, and staff to experience new cooking skills and techniques through a variety of classes that are offered on campus (Valders 369) from noon-1pm. However, registration is required and all classes are limited to 20 participants. 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, June 25th Poltuck Pleasers
- Thursday, June 26th Not Your Average Quesadilla

Motivation is what gets you started. Habit is what keeps you going.”