### Summer Hours

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regents and Legends Center Hours</td>
<td>Monday-Friday: 6:00am-8:00pm</td>
</tr>
<tr>
<td></td>
<td>Saturday &amp; Sunday: CLOSED</td>
</tr>
<tr>
<td>Pool: Lap Swim</td>
<td>Monday-Friday: 11:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td>Saturday &amp; Sunday: CLOSED</td>
</tr>
</tbody>
</table>

### Health Benefits Breakfast

- Leaner
- All-Around healthier
- Feel more energized
- Have better cholesterol levels
- Remember better
- Consume more nutrients

**Without eating breakfast, you’re more vulnerable to cravings and less likely to make healthy choices in the morning and throughout the day.**

### walkLUTHER

**Please join us in week 7 of walkLUTHER!**

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

*Congratulations to JoAnn Uhlenhake, our walkLUTHER week 6 drawing winner!*

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

### 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/) 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:**

- Tuesday, July 22nd **Homemade Stock: Your Kitchen’s Best Kept Secret**
- Wednesday, July 23rd **Dips, Spreads and other Healthy Sandwich Fillers**

### Elvelopet 5k run/walk or 15k

Join in the "River Run" Nordic Fest's annual 5K and 15K that draws more than 800 runners each year! Race begins on Saturday, July 26th at 7:30 am near Decorah’s City Hall.

Registrations can be dropped off at 507 W. Water Street until noon on Friday, July 25th. Cost is $30 in advance (by Friday, July 25th at noon) or $35 late registration and will only be accepted at City Hall from 6-8pm on Friday or 6-7am the day of the race. For more info. Visit: [www.nordicfest.com/site/nordic-fest-sporting-events.html](http://www.nordicfest.com/site/nordic-fest-sporting-events.html)

### Focus on Flexibility

Stretching can:

- Improve flexibility and range of motion in your joints
- Reduce muscle tension
- Decrease the risk of injuries
- Lead to enhanced muscular coordination
- Increase blood flow to the muscle and energy levels