Juggling Act

Imagine life is a game in which you are juggling five balls. The balls are called work, family, health, friends, and integrity. And you’re keeping all of them in the air. But one day you finally come to understand that work is a rubber ball. If you drop it, it will bounce back. The other four balls...are made of glass. If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered.” – James Patterson

walkLUTHER

Please join us in week 9 of walkLUTHER!

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

Congratulations to Judy Hageman, our walkLUTHER week 8 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

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 excess food is packaged into quart sized containers that are labeled and delivered to the First Lutheran Church Food Pantry twice weekly.

- In order for this program to run smoothly, the help of many volunteers – students, faculty, staff is needed. Sign up for fall packaging shifts is now available at https://www.luther.edu/sustainability/food/regional/caftocommunity/ Shifts with 3-4 people will take place twice per week at 7:00pm on Mondays and Wednesdays.

Wellness Tips: Behavioral

- Before you can stop procrastinating, you need to figure out why you’re doing it. Most people procrastinate for one of three reasons: perfectionism, emotional avoidance, or fear.

- Putting off that big project? Do something small toward your goal each day. Schedule just 20 minutes on a project.