**Words of Wellness**

*Newsletter August 11th 2014*

*Brought to you by the Nena Amundson Lifetime Wellness Program*

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**Food Education Events!**

- **All About Salsa:** cooking class
  - Wednesday, August 13th, 12-1pm
  - Valders 379
- **Techniques for Extending the Season:** gardening class
  - Monday, August 18th, 12:15-1:15pm
  - Valders 362
- **Kale! Your New Best Friend:** cooking class
  - Thursday, August 21st, 12-1pm
  - Valders 379
- **Patchwork Green:** Harvest Day
  - Monday, August 25th, 9-10:30am
  - Patchwork Green Farm
- **Saving Seeds:** gardening class
  - Monday, September 15th, 12:15-1:15pm
  - Valders 362

For more information and sign-up please visit: [https://www.luther.edu/sustainability/campus/food/education/classes/](https://www.luther.edu/sustainability/campus/food/education/classes/)

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**walkLUTHER**

*Please join us in our final week of walkLUTHER!*

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

**Congratulations to Kerri Mahr,** our **walkLUTHER week 9 drawing winner!**

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

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**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

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**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/](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.

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**Wellness Tips: Social**

Invest in the relationships that bring meaning to your life and that you know will be with you for the long haul.

Active listening means devoting your attention to what someone is saying. It requires you to listen with an open mind uncluttered by inner dialogue. Concentrate on understanding what the other person is saying, not on phrasing your response.