Things to live by
✧ Build Faith
✧ Worry less
✧ Read more
✧ Be happy
✧ Eat healthy
✧ Work Hard
✧ Stay Strong

Get Outside!
It’s a great time of the year to get outside! Take a walk or hike in local parks, prairies and trail such as:
- Trout Run Trail
- Twin or Dunning Springs
- Phelps Park
- Anderson Prairie
- Van Peenan
- Pulpit Rock

Go to http://www.decorahia.org and click on “parks system” for more information.

In every walk with nature one receives far more than he seeks.” - John Muir

walkLUTHER
Congratulations to Debbie Karr, our final walkLUTHER week 10 drawing winner!
Our Grand Prize winner was Tabita Green. Congrats!
Thanks to everyone who participated in walkLUTHER this summer and remember to stay active throughout the year!

For more info. visit https://www.luther.edu/studentlife/wellness/walkluther/

Wellness Tips: Spiritual
Exercise your imagination frequently. Stay in touch with the child within. Adopt an attitude of playfulness. Humor and pleasure can be tremendous stress buffers.
Open yourself to chance: Some choices take you exactly where you need to go; others take you by surprise. Let them. All we have is the integrity of this moment, and the calm that comes from trusting what lies ahead.

Food Education Events!
✧ 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/

Fall 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

The only BAD workout is the one you didn’t do.