Well Devils – Attend Sports, Art and Community Events

Every week, various sports, arts, lectures and community events are held at ASU. Visit ASU Events, Sun Devil Gameday, Wellness Wednesdays and ASU Wellness Events to look up things to do on campus. This week, the Farmers Market @ the ASU Tempe campus will recognize Valentine’s Day at the February 12th market with guest vendors and special products, for you or a friend.

Bypass the Blues: Get the Nutrients Your Mind Needs

Getting carbohydrates from whole grains, vitamins, minerals and fiber from fruit and vegetables, healthy protein from fish, poultry, beans and nuts will energize your body and brain. Use the Harvard School of Public Health - Healthy Eating Plate to create a well-balanced and nourishing meal. Learn more at ASU Wellness Healthy Eating & Nutrition.

Wellness Activities & Events

Feb.11 – Apr. 12 Well Devils Spring Challenge
Feb.12 – Valentine’s Day at the Farmers Market @ the ASU Tempe campus
Feb.13 Well Devil Wednesdays events

Well Devils Resources

ASU Events
ASU Counseling Services
ASU Health Services
ASU Wellness
Farmers Market @ the ASU Tempe campus
Sun Devil Gameday
Sun Devil Fitness Complex
Well Devils Website

*The Well Devils Update is produced by ASU Wellness. For additional information, contact 480.965.4721 or email wellness@asu.edu
**To unsubscribe to the Well Devils Update, please send an email request to wellness@asu.edu.