Healthy Food is our theme!

YOU’RE INVITED TO
LEGO® SOCIAL HOUR
March 19th, 2018 | 10 – 11 am
The Loading Dock | Memorial Union

Come to socialize, relax, or take a break while create your own LEGO® masterpiece! Each Social Hour will have a theme with a chance to win a LEGO® set!

The Social Dimension of Wellness is described as creating a support network of friends and family members who care about and love you for who you are. Friends can serve as a source of encouragement and reinforcement for practicing healthy habits. To grow your Social Wellness Dimension, stay connected to people, form new relationships and participate in various social activities.

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The Physical Dimension of Wellness encompasses a variety of healthy behaviors including adequate sleep, regular exercise, proper nutrition, and abstaining from harmful habits. Developing healthy habits today will not only add years to your life, but will enhance the enjoyment and quality of those years!

**Don’t forget to log this event into your Wellness CONNECT portal!**