

The Wellness Weekly

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and,
‘Love your neighbor as yourself.” Luke 10:27

April 13, 2018

Nutrition Days, April 19th and 20th!

Peanut butter is not a great source of protein? Raisin bran is full of sugar? “Gluten free” probably is not a healthy choice for the vast majority of people? Pork is not a vegetable? Interested in nutrition? Mark your calendar for these two happenings!

- **“Basic Nutrition” Presentation** in the Wellness Center Classroom, 9:15am on April 19th. Franklin College intern-extraordinaire, Brittany S., will be presenting a 30-minute slide-show about nutrition basics and a few trendy nutritional nuggets. Jamie, our dietician, is hoping to be on hand as well.
- **15-minute Nutrition and Brain Health “TED Talk”** (filmed right here in Indiana) and pre- and post-video discussion led by Jeremy in Fellowship Hall at 2:00pm on April 20th. New to TED Talks? TED stands for Technology, Entertainment, and Design, conceptualized by a non-profit that presents ideas through oration in 18-minutes or less.



Pickleball Demonstration, April 19

Not exercising, laughing, or basking in the sun enough? Don't get yourself in a pickle! Pickleball resumes this coming Thursday (April 19th) at 1:00pm on the tennis court. Come play, come watch, just come! (Bring a chair if you plan to come watch.) Keep in mind that you will need to be able to endure the elements and walk through the grass to get from the parking lot to the Pickleball court. (In case of rain, demonstration will be postponed till April 26 at 1:00pm.)



Wii Bowling Takes a Break

Due to some logistical considerations, Wii Bowling will not meet until further notice. Please pardon the inconvenience.



Hot Chocolate Sale

Spring is here, . . . um . . . maybe. In any case, we have plenty of Hot Chocolate in the Wellness Center—and it is on sale! All hot chocolate 50 cents a cup, while supplies last! We should have enough for the whole month of April, unless we are underestimating your craving for hot chocolate!

Just where does Pickleball come from, anyway?



Questions about Wellness happenings?
Contact Jeremy at extension 1196 or email
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