

Well Devils Update

April 21, 2014

Sun Devils are Well Devils



Well Devils – Practice yoga, stretch or meditate

Practice yoga, stretch or meditate to increase your physical and mental health, improve concentration, reduce stress and cultivate [mindfulness](#). Take a [Devil-X Yoga class](#) at the Sun Devil Fitness Complex and learn more about managing stress at [ASU Wellness Stress Management](#).



Is That a Good Idea?

84.1% of ASU students do not abuse prescription drugs. Only take medicine prescribed to you. Use as directed. Don't mix with alcohol. Prescription drugs are powerful and misuse can lead to many unintentional effects including illness, addiction and accidental death. Learn more at [ASU Wellness Prescription Drug Abuse](#).



Wellness Activities & Events

[Apr. 21-23 Student Safety Open Forums: Tempe, Polytechnic and West](#)
[Apr. 22 Earth Day and Medicine Take-Back Day, Farmers Market @ ASU Tempe](#)
[Apr. 23 Personal Safety Workshop, Polytechnic](#)
[Apr. 23 Attaining and Sustaining "Stress-less" Relationships, Polytechnic](#)
[Apr. 24 Green Captain Earth Day Event, Polytechnic](#)
[Apr. 24 Healthy. Happy. Safe: Open Forum, Downtown Phoenix](#)
[Apr. 25 Final Fit Friday, West](#)
[Apr. 26 10th Annual Pat's Run, Tempe](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Farmers Market @ ASU Tempe](#)
[Medicine Take-Back Day](#)
[Sun Devil Fitness](#)

*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email wellness@asu.edu

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