

# Well Devils Update

March 3, 2014

Sun Devils are Well Devils



## Well Devils – Have a Safe and Healthy Spring Break

**Most (56%) ASU students plan to spend Spring Break in Arizona.** Spring Break provides an excellent opportunity to recommit to wellness through [SMART Actions](#) (Social, Meals, Activities, Rejuvenation, Time Management). Learn more at [ASU Wellness Safe & Healthy Spring Break](#).



## Who is the Designated Driver?

**82.6% of ASU students use a designated driver when they drink (most of the time or always).** Plan ahead. Pick a driver. Stay together. Learn more at [ASU Wellness Alcohol & Other Drugs](#).



## Wellness Activities & Events

[Mar. 3 – 20 Register for Out of the Darkness Campus Walk, Campus-wide](#)

[Mar. 3 -7 Well Devils Week, Tempe](#) and [Downtown Phoenix](#)

[Mar. 4 Safe and Healthy Spring Break Fair, West](#)

[Mar. 4 Dine Healthy Be Healthy, Tempe](#)

[Mar. 5 Safe and Healthy Spring Break Fairs, Downtown Phoenix, Polytechnic, Tempe](#)

[Mar. 7 Take Back the Night, Downtown Phoenix](#)



## Well Devils Resources

[ASU Alternative Spring Break](#)

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

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

\*\*To unsubscribe to the Well Devils Update, please send an email request to [wellness@asu.edu](mailto:wellness@asu.edu).

