

Well Devils Update

March 24, 2014

Sun Devils are Well Devils



Well Devils – Take the Personal Wellness Profile

Are you eating healthy or getting enough exercise? Assess your health, learn about wellness resources and review what preventive actions you can take to achieve and maintain optimum health. Take the free, online [Personal Wellness Profile](#) today.



When Was The Last Time You Were Tested?

Know your Sexually Transmitted Infection (STI) status. Know your partner's STI status. Talk about it. STIs are infections passed between one partner to another during any form of sexual activity. Some infections have symptoms while others may not. Learn more about [STIs and getting testing at ASU Health Services](#). Go online or call to [schedule a Health Service Appointment](#).



Wellness Activities & Events

[Mar. 25 Rest and Relax at the Farmers Market, Tempe](#)

[Mar. 26 The Power of Protein, Polytechnic](#)

[Mar. 26 Yogatta Rock Your Body, Tempe](#)

[Mar. 26 Show Me the Money Financial Wellness Workshop, West](#)

[Mar. 28 Final Fit Friday, West](#)

[Mar. 29 Devils in Disguise, Campus-wide](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

[Volunteer@ASU](#)

*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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