

# Well Devils Update

October 27, 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](#).



## If You Are Sexually Active

Make sure there is mutual consent, use condoms or barriers, use birth control and get tested regularly for Sexually Transmitted Infections (STI's). For more information about Sexually Transmitted Infections, testing and treatment, visit [ASU Health Services Sexually Transmitted Infections](#).



## Wellness Activities & Events

[10/27 – 11/21 SDFC Cardio Challenge, Campus-wide](#)  
[10/27 – 11/1 ASU Homecoming 2014, Campus-wide](#)  
[10/27 – 11/12 Register for November Traffic Skills 101, Tempe](#)  
[10/28 It's Your Credit Financial Wellness Workshop, Polytechnic](#)  
[10/29 Sparky's Challenge 5k/10k, ASU West](#)  
[10/31 Freaky Final Fit Friday, ASU West](#)



## Well Devils Resources

[ASU Counseling Services](#)  
[ASU Health Services](#)  
[ASU Wellness](#)  
[ASU Homecoming 2014](#)  
[Sun Devil Fitness](#)  
[Well Devils](#)

\*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)

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