

# Well Devils Update

SEPTEMBER 8, 2015

SUN DEVILS ARE WELL DEVILS



## Well Devils – Visit Sun Devil Fitness

Exercising at the Sun Devil Fitness Complex (SDFC) is a great way to stay in shape, reduce stress and spend time with friends. As a current ASU student, you are already a member. Visit [Sun Devil Fitness](#) to learn more and attend [Night at the Spa](#) tonight.



## What Does Respect Look Like?

I can be me, you can be you, we can be us, together. Be yourself in all of your relationships. Healthy relationships include respect, trust, honesty, communication, equality, boundaries and support. Visit [ASU Wellness Healthy Relationships](#) to learn more.



## Wellness Activities & Events

[9/8 - 9/11 Register to attend Sept. 11 ASU Startup Summit](#)

[9/8 – 9/17 Career Week at Tempe](#)

[9/8 Night at the Spa, Downtown Phoenix](#)

[9/10 Presentation with Promise of a Pencil Author Adam Braun, West](#)

[9/11 MU After Dark – Awareness Night, Tempe](#)

[9/12 Devils On Mill & ASU Sun Devil Football vs. Cal Poly, Tempe](#)



## Well Devils Resources

[ASU Career Services](#)

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Sun Devil Fitness](#)

[Sun Devil Dining](#)

Connect with us on [facebook](#) | [twitter](#) | [pinterest](#) | [flickr](#)

Arizona State University | [ASU Wellness](#) Well Devils Update Newsletter | [Email ASU Wellness](#)