

Well Devils Update

September 8, 2014

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 of Sun Devil Fitness. Visit [Sun Devil Fitness](#) to learn more.



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 – 9/12 Wellness Week, Downtown Phoenix](#)

[9/8 – 9/14 Visit a Well Devil Zone, Campus-wide](#)

[9/9 First Meeting of the Bicycle Coalition at ASU, Tempe](#)

[9/10 Well Devil Wednesdays: Wacky Water Bottle Workout, Downtown Phoenix](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Sun Devil Fitness](#)

[Sun Devil Dining](#)

[Well Devils](#)

*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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