

Well Devils Update

February 16, 2015

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.



Tips for Managing Stress: Long Term

Take action to stay ahead of stress. Identify your stressors, set realistic goals and expectations, manage your time, maintain good health and practice daily rest and relaxation. Learn more at [ASU Wellness Stress Management](#).



Wellness Activities & Events

[2/16 – 2/20 Register to Attend Feb. 26 Intro to Bicycle Gearing Class, Tempe](#)
[2/16 Body Image Workshop, Polytechnic](#)
[2/17 Nutrition Trivia, Polytechnic](#)
[2/18 & 2/22 Sun Devil Men's Basketball Giveaway Games, Tempe](#)
[2/19 Dine Healthy, Be Healthy, West](#)
[2/20 Night of the Open Door, Polytechnic](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Sun Devil Dining](#)
[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

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