

Well Devils Update

March 2, 2015

Sun Devils are Well Devils



Well Devils – Have a Safe and Healthy Spring Break

Most (56%) ASU students plan to spend Spring Break in Arizona. Spring Break provides an excellent opportunity to rest, relax and recommit to wellness. Learn more at [ASU Wellness Safe & Healthy Spring Break](#).



Who is the Designated Driver?

82.6% of ASU students use a designated driver when they drink (most of the time or always). Plan ahead. Pick a driver. Stay together. Learn more at [ASU Wellness Alcohol & Other Drugs](#).



Wellness Activities & Events

[3/1 – 3/31 ASU Celebrates Women's HERstory Month](#)

[3/1 – 3/19 Register for Mar. 21 Out of the Darkness Suicide Prevention Campus Walk](#)

[3/1 – 3/6 ASU Safe and Healthy Spring Break Programs](#)

[3/1 – 3/7 Peace Corps Week @ ASU](#)

[3/2 Step Up! ASU Students - Bystander Intervention Program](#)

[3/5 & 3/7 Sun Devil Men's Basketball Final Home Giveaway Games](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Safe & Healthy Spring Break 2015](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

*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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