

January 25 @ 7:30 p.m.: **"The Jackie Film" Premiere**; Benton Harbor Celebration Cinema
(for more info & to reserve your free ticket, visit: www.thejackiefilm.com)

March 1 - 7
3rd Annual Health & Wellness Fest
Visit: www.andrews.edu/2018wellnessfest
Events, symposium & more info there!

January 26 – April 13
Health is Wealth (Weight Loss Program)
Email: wellness@andrews.edu (6 spots)

 <p>Daily Wellness Theme</p> <p>Focus each day on becoming Stronger. Healthier. You.</p>	 <p>Stress-Free Sunday</p>	 <p>Mindful Monday</p>
 <p>Tasty Tuesday</p>	 <p>Workout Wednesday</p>	 <p>Thoughtful Thursday</p>
 <p>Fluid Friday</p>	 <p>Spectacular Sabbath</p>	<p>sponsored by:</p> <ul style="list-style-type: none">  University Health & Wellness  Counseling & Testing Center  Office of Campus Ministries <p>andrews.edu/wellness</p>

Weekly: Free Fitness

Mondays	7:30 – 8:15 a.m. H2OFit (AU Pool) (Kathy)
	6 – 6:45 p.m. Fitness Express (Dominique) Lamson Health Club (co-ed)
Tuesdays	12:30 – 12:50 p.m. Lunch Walking (Deby) Buller/Nethery Bridge
	5 – 5:50 p.m. Total Body Fit (Kathy) Lamson Health Club (co-ed)
Wednesdays	7:30 – 8:15 a.m. H2OFit (AU Pool) (Kathy)
	5:15 – 5:45 p.m. Wednesday Workout (Jackie) Buller Center Lobby
	6 – 6:45 p.m. Fitness Express (Dominique) Lamson Health Club (co-ed)
Thursdays	12:30 – 12:50 p.m. Lunch Walking (Deby) Buller/Nethery Bridge
	5 – 5:50 p.m. Total Body Fit (Kathy) Lamson Health Club (co-ed)

For more info:

www.andrews.edu/wellness