Climbing Wall for Labor Day

Pumpkin Run

Coming in Stroke Clinic

Calendar

Diving Well

16 & 17 October

Closed for Red Cross

Soup with Substance

Questions, or comments, or if you wish to remove your name from the Heskett Headlines mailing list, contact shelley.rich@wichita.edu or call 316-978-3487.

Vol. 1, Issue 1
September 2, 2008

September Calendar

PHYSICAL EDUCATION

CLOSING FOR LABOR DAY

Soap with Substance

12 Stroke Clinic

11-14 Fall Break

Closed for college

Adult Swim Climbing Wall

16 Blood Pressure Screening

Children's Programs begin September 17th. This 8 week program will include the following classes: Gymnastics, Dance, Parent & Child Level 1: American Red Cross Learn to Swim. For more information contact Vanessa Buehne at 978-5311 or sign up at the front desk.

Word of Wellness

Welcome to the Fitness/Wellness section of the Fall 2008 Heskett Eater, the newsletter for all residents who fill our Heskett home. Words of Wellness will serve as your weekly newsletter that will feature different workouts, healthy eating tips, as well as new information on upcoming events.

Heart Health Challenge

Circuit room to climbing walls! Yes! Facility fitness challenge free to all WSU students and Heskett Center members. Fill out and return a registration form at the front desk and your name will be added to the challenge. The complete list requirements are online and include suggested bonus events and you will be eligible for a Challenge Check shirt! You must also sign up and complete a monthly incentive measuring for cool prizes. Circuits begin August 21st and ends on December 12th. You can participate any time during this period. For more information contact Shelley Rich at 978-5827.

Membership

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