Basket & Locker Clear out

Basket and locker clear out/renewal is coming up on May 18th. To claim your deposit take your lock and towel to the front counter. Lockers and Baskets are available during the summer for rent. If you are interested in renting please visit the front counter. Thank you for allowing us to serve you.

Finals Week Study Tips

1. Learn to plan ahead and manage your time.
2. Avoid multitasking - focus on one thing at a time.
3. Start early - don’t wait until the last minute to cram information.
4. Read material more than once & don’t just skim.
5. Take little breaks to recharge yourself mentally and physically.

Gym Floor To Be Resurfaced

The Heskett Center upstairs gymnasium is scheduled to have all the wood courts resurfaced May 19, 2010 through June 20, 2010. The entire upstairs gym will be closed during this time period. We are sorry for any inconvenience.

Poker Walk: Rain or Shine!

Faculty and Staff are invited to join us for National Employee Health & Fitness Day & the Poker Walk on May 19th from 11:30 a.m. to 1:30 p.m. Rain or Shine! Walk begins north of the Heskett Center under the canopy. Progress around the ½ mile path stopping at all 5 stations to draw a poker card. Top prize will be given to the best poker hand, random prizes given based on your cards AND many more prizes! FREE t-shirt to the first 50 attendees.

Bike to Work! May is Bike Month

The Heskett Center staff encourages faculty and staff to consider biking to work in May. The bicycle is the vehicle of the future. It’s efficient, it’s economical, it’s healthy, it’s ecological, and it’s fashionable and fun. A link with more information on biking to work can be found under Healthy Resources at www.wichita.edu/fitness. As an added bonus, the Health and Wellness Coalition of Wichita is giving you a shower coupon so that you may use the Heskett Center showers everyday during May.

American Heart Walk

The American Heart Walk is June 12th on the beautiful WSU campus. To register as a Team Captain, join an existing team, or to make a donation, go to www.wichitaheartwalk.org

Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcement mailing list, contact laura.young@wichita.edu or call 316-978-5281.