SCHEDULE HIGHLIGHTS

12 PM TO 1 PM

ASPB Nooners:
Hip Hop group EREECE and Core Elements
Get a preview at myspace.com/ereecemusic.

OPEN 10 AM TO 2 PM

Rock Wall
Massages
Biofeedback
Meditation and Relaxation Zone
Wi Fit
Bounce House Boxing
Jousting
Mini Strength Training Classes
Bird House Construction
Beer Google Demos
Cab Company Safe Rides
Go Green Tips
Shot Clinic
Blood Bank

Well PARTNERS and Other Resources

STUDENT HEALTH INFORMATION:
The Well
248 Highlander Union Building
951.827.9355 (UCR-WELL) • well.ucr.edu

Campus Health Center
Veitch Student Center, South Wing
951.827.3031 • email: health@ucr.edu
campushealth.ucr.edu

Student Recreation Center
951.827.5731 • recreation.ucr.edu

COUNSELING SERVICES:
Counseling Center
Veitch Student Center, North Wing
951.UCR.TALK (827-8255) • counseling.ucr.edu

PEER EDUCATION:
Golden ARCHES Peer Education Program
248 Highlander Union Building
951.827.9355 (UCR-WELL) • arches.ucr.edu

Peer Preventive Care Advocates
Veitch Student Center, South Wing
951.827.3031 • campushealth.ucr.edu

R.E.A.C.H.
248 Highlander Union Building
951.827.3000

Stress Busters
Veitch Student Center, North Wing
951.UCR.TALK (827-8255) • counseling.ucr.edu

UCR SAFERIDE:
951.UCR.TAXI • It’s safe. It’s smart. It’s FREE!

ON EVERYONE’S GAME

An event loaded with activities to help you look and feel your BEST.

OCT. 21 • BELL TOWER • 10 AM TO 2 PM

GET THIS STAMPED

Only three tents at the Wellness Fair have stamps. Card must have stamps from all three tents to win. Fill out survey on back and take to the Well (HUB 248) to enter contest.

WIN AN iPod!

FIND THE STAMPS AND RETURN TO THE WELL

stamp here!

stamp here!

stamp here!
WELLNESS FAIR

FILL OUT AND RETURN TO THE WELL

WHAT DO YOU THINK?

1. What did you like most about the Wellness Fair?

2. What did you like the least?

3. Are there any suggestions you could offer to improve the fair for next year?

THE RULES:

Find the Secret Stamps!

• Explore the Wellness Fair and get your card stamped three times for a chance to win an iPod and other hot prizes.
• Hit as many tents as you can. Only three fair tents have stamps.
• Ask tent staff if they can stamp your card.
• Once you’ve found the three stamps, fill out the info and answer the survey.
• Tear off form and turn in at the WELL (HUB 248) to enter contest.

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