WELLNESS DAY:
EARN RAFFLE TICKETS
TWO GRAND PRIZES FOR A STANDING DESK!

Spiritual Wellness Speaker
Attend “Enhancing Our Well-Being~An Ignatian Approach to Coping & Flourishing” at 4pm in the AMU Lunda Rm on October 27, 2015. Earn 2 tickets.

Donate Food
Our goal is to have 500lbs of food donated through our event. For every three food items you bring in, you will earn one raffle ticket for our grand prize drawing. Five food items will earn you three tickets. Preferred items to be donated include:

• Canned Fruit & Juice
• Breakfast Items (Pancake Mix, Cereal, Oatmeal, etc.)
• High Protein Foods (Canned Meat, Beans, Peanut Butter, Stews)
• Canned Vegetables
• Infant Formula and Baby Food
• Canned Soups, Pasta Items, Potato Mixes

Give Blood
A blood drive is being held on campus Friday October 30th in AMU 305 & 313 from 10a.m. to 2p.m. Earn 3 tickets.

Get Your Flu Shot
Flu shots will be given Monday Oct. 26th from 10:00a.m.-4:00p.m. on the 2nd floor of the AMU through the MU Medical Clinic and on Tuesday Oct. 27th from 8:00a.m.-4:30p.m. Earn 2 tickets.

Participate in Screenings
Participate in an injury evaluation, gait analyses, skin cancer screening or bone density screening and earn 2 tickets per screening/assessment.

Talk with Wellness Vendors
Each table will have their own raffle for smaller prizes as well as information about their area. See our 2015 prize list for more details. For every five tables you interact with and get a sticker from you will earn 1 raffle ticket.

Take a Fitness Class
For every fitness class you participate in during the week you will earn 2 tickets.

Donate Shoes or Clothing
Donate usable shoes or clothing. Earn 2 tickets.