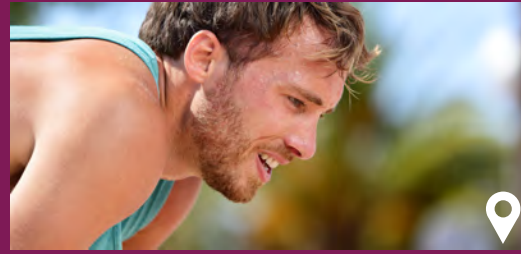


DID YOU KNOW...

the Orange & BLUE ZONE can help you (re)connect with all 8 dimensions of your wellness.

Tired of trying to make health-related changes but falling short?

Start the year off on the right track!



Orange & Blue Zone

Work with experts and the support of peers to build an individualized program. Connect with fellow ILLINI to improve your overall wellness. This eight-week program will provide guidance, support, and motivation you need.

The Orange & BLUE ZONE is an eight-week holistic wellness program providing University of Illinois students with the tools and skills to navigate healthy lifestyle choices.

For more information and to register, visit campusrec.illinois.edu/studentwellness

Find your wellness partners.



PROGRAM DATES:

September 12-November 7

REGISTRATION:

Ends September 9

COST:

\$75/student members

Register in person at ARC or CRCE Member Services when facilities are open for operation. campusrec.illinois.edu/hours

Campus Recreation makes every effort to be accessible to all abilities. If you need accommodations for our facilities or programs, please contact us at campusrec@illinois.edu.