Ivy Be Well & Fit

Self-Care Awareness Month

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our wellbeing, self-care can be more expansive than that.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no... guilt-free.



WHAT'S IN THIS MONTH'S ISSUE:

- Self-Care Awareness Month
- Walking Group Schedule
- Walktober
- Park/Trail of the Month

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.

Show us how you take care of yourself by using the following hashtags when posting on your social media accounts: #SelfCareAwarenessMonth #selflove

More Self-Care Tips

August Wellness Calendar



Walkie Talkies

Improving mental and physical wellbeing with fun conversation and exercise.



Questions? Contact

alutzel@ivytech.edu or

Idavis207@ivytech.edu

following dates:
Wednesday, August 16, 6:00 p.m.

Pigeon Creek Greenway starting at Ohio Street Park and walking the Industrial Corridor (about 2.5 miles)

Every Wednesday at 11:30 a.m. on the Ivy Tech Evansville Campus. And, on the



Stroll through the Vann Park neighborhood then attend Music in the Park at 6:00 p.m. Enjoy a live band and food trucks until 8:00 p.m. (Bring a lawn chair.)

Saturday, September 9, 9:00 a.m.

From Wesselman Park playground, walk round-trip to Master Gardeners Display Garden at State Hospital Park. Approx. 2 miles.

Thursday, September 28, 5:45 p.m.

Seton Harvest hour-long walking tour. Free. Register online at https://cvent.me/R14ZmQ

Saturday, October 7, 10:00 a.m.

Meet at USI Broadway Recreation Complex and walk the 2-mile Burdette Trail loop around campus

Thursday, October 19, 5:00 p.m.

Walk the trails at Northwoods (behind old Lloyd Pool)

Saturday, November 11, 10:00 a.m.

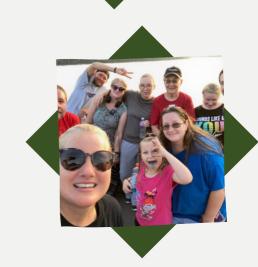
Walk the Greenway from Garvin Park to Stringtown Road and back (about 3 miles)

Lamkin Center for Student and Learning Success



Welborn Foundation
Wellness & Fitness Center











Meditation Monday
Second and Fourth Mondays of the Month: 11:30 - 11:45
Practice relaxation techniques to help you relax, clear your mind and become more focused to take on the week.

Total Body Strength Tuesdays: 11:30-12:00

Improve your strength and balance in this circuit training workout designed for all fitness levels.

Walkie Talkies

Wednesdays: 11:30-12:00

Join us in promoting social and physical wellness as we enjoy fun conversations while walking around campus and the neighborhood.



@ivytechwellandfit www.ivytech.edu/wellandfit



Register here!





- Fall Snack
 Uttack



- · 2 tablespoons flaxseed meal (or you can use almond flour)
- 1 tbsp. sliced almonds
- 1/4 teaspoon cinnamon
- Pinch of nutmeg
- 1/4 cup regular applesauce
- 1/2 tablespoon pure maple syrup
- 1/4 cup almond butter
- · 1 teaspoon chia seeds (optional)
- · Mix all the ingredients in a bowl then roll into balls
- · Refrigerate for at least an hour



An apple a day keeps the doctor away.









FOR MORE INFO VISIT:

Park of the Month: **Howell Wetlands**

Weight Equipment Demos

