



WellU is a campus wide movement promoting a lifestyle of health and wellness at The College of St. Scholastica.

The program serves the St. Scholastica community as an awareness vehicle and information distribution point for all the programming, services, events and information related to wellness and healthy lifestyle choices.

Learn more about WellU programs at <http://wellu.css.edu>

Interested in joining a WellU committee? Contact Tad Sears at tsears@css.edu for student programming, Dory Pohl at dpohl@css.edu or Eric Berg at eberg@css.edu for faculty/staff programming or Bo Ekmark at bekmark@css.edu for marketing.

WellU offers a "Walking to Wellness" pedometer program to all CSS faculty/staff. Registration materials including a pedometer can be purchased for \$5. Please fill out the form below to become part of the CSS Walking to Wellness Program.

Name _____

 First Last MI

Title _____

Age _____ Gender _____ Faculty/Staff (please circle one)

CSS Extension _____ CSS Mailbox _____

\$5 _____ Cash _____ Check

Please return this form and \$5 to Dory Pohl (T2150). Your pedometer and registration materials will be mailed to you within one week.