Healthy Menu Options
Check out the new Fitter Foods menu at Crossroads
Smart decisions made easy!

Visit food.ou.edu and take advantage of the Nutrition Calculator

Sooner Orientation Involvement Fair
Sunday, August 21 • 3 - 5 p.m.
Stop by the OU Health Services table to find out how you can get involved!

Aquathlon
Thursday, September 1 • Register August 24-31
This Intramural event is a 200-yard swim and a 2-mile run.
For more information, visit ou.edu/far.

Food Allergy Information Table
Couch Restaurants
Wednesday, September 7 • 11 a.m. - 1 p.m.

Dinner with the Dietitian
Davenports - Jim Thorpe Multicultural Center
Thursday, September 15 • 6 p.m.
Sign up at the information table during check in, the sign up sheet on your floor, or by emailing dflowers@ou.edu.

2nd Annual FREE Fun Run 5K or Mile Walk
Saturday, September 17 • 7:30 a.m. RACE TIME
For more information, visit healthysooners.ou.edu.

New to OU?
Remember to complete your alcohol education requirements.
Check out the new website for more information!
HEALTHYSOONERS.OU.EDU/ALCOHOL

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Stop by the Health Hut on Tuesdays and Wednesdays from 11 a.m. - 1 p.m. on the South Oval (behind the Bizzell statue) for giveaways and wellness information!

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September 12-26 • 5:30 p.m.
Bring your dinner and join us at the Huston Huffman Fitness Center to learn weight loss tips and receive motivation for creating healthy changes.

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325-4611 Ext. 41777
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