## WELLNESS Calendar

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<th>THURSDAY</th>
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<th>SATURDAY</th>
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My Healthy Goal is: ____________

More information, contact: Lv350@nova.edu or call (954) 262-7021.

### FEBRUARY

- **FARMERS MARKET**
  - **Every Wednesday**
  - Noon–5:00 p.m.
  - Alvin Sherman Library Quad

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**WELLNESS Activities**

**THURSDAY**

- **5:30-6:30 p.m.** at the NSU Shark Fountain
  - Meditation Session
    - 4:00 p.m.
    - Room 2046
    - Alvin Sherman Library

**FRIDAY**

- **7:30 a.m.**
  - HPD Library, Room 3142
  - Mindful Eating Workshop
    - 4:00–5:00 p.m.

**SATURDAY**

- **7:30 a.m.**
  - HPD Library, Room 3142
  - Self Love Party
    - 11:00 a.m.–1:00 p.m.
    - NSU Flight Deck Pub

**Horseback Riding Trip**
- Call (954) 262-7301 for details

**FARMERS MARKET**
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