

Healthy U

Where: ISU Student Counseling Center
and around the ISU Campus

When: Starting this Fall

Cost: FREE

Contact Information

Student Counseling Center
237-3939

Description of Group

For students that want help living a healthy life style. Healthy U will meet once a week for 8 weeks. We will have the chance to be physically active, learn proper ways to eat healthy, learn mindfulness techniques, and other ways to create a healthier you. This group will involve activities and interactions that will assist in the learning experience. If this group is for you contact the Student Counseling Center for more information!



Join Healthy U today!!!