Nutritional Health

There are many aspects of our holistic health which can impact our day. One of them is our nutritional health. What we eat, how we eat, and why we eat can influence our well-being. As students, it is important to understand your individual nutritional needs and how they might impact your studies. It is essential to know where to shop for healthy food as well as what kinds of foods to shop for. Our diets also change depending on the many events that unfold throughout our lives. These notable times are reminders to pay attention to your body and take steps to nourish your college experience from the inside out!

Remember to stay tuned for more announcements and sign-ups through canvas and our HHSP Wellness bulletin board!

Helpful Information!
Crimson Cupboard
Provides non-perishable food items to all IU undergraduate and graduate students who may be in need of food assistance.
Contact: Cupboard@indiana.edu

On-the-Go Snacks and Brain Food
Try these healthy snacks for energy and focus: fruit, veggies, nuts, dried fruit, popcorn, yogurt, and string cheese!

INSPIRATIONAL QUOTE
"Let thy food be thy medicine and thy medicine be thy food." – Socrates

Fall Wellness Information: CAPS Schedule

Rep: Jessica David
Time: 5:30-7:30pm
Day: Mondays

Rep: Keino Miller
Time: 11:00-4:00pm
Day: Thursdays

Location:
Neal Marshall Black Cultural Center (NMBCC)

More Information:
http://healthcenter.indiana.edu/counseling/services/letstalk.shtml