MAY 5th – MAY 19th – Bowling Nights
Relieve some stress and join some friends with recreational bowling nights at Jupiter Lanes!
Thursday Nights: 5/5, 5/12, & 5/19.

MAY 20th – Panthers on the Move!!
Enjoy your Summer Fridays with a healthy activity! Come join the Panther Fun at Okeeheelee Park from 9am to 12pm for biking, walking, & volleyball. Prizes and Refreshments!

JUNE 6th – Men’s Health Screening Fair
Join us in the lobby of the Burt Reynolds June 6th, 1-3pm for a free health screening. Check Blood Pressure, Heart Rate and BMI; and learn tips for men’s health!

JUNE 13th – Wear BLUE for Men’s Health Marathon
Help us celebrate Men’s Health Month by wearing BLUE and walking or jogging a lap around campus! Our goal is to have 26 laps completed for a total marathon completed for men!

JUNE 29th – Fourth of July Field Day
Grab a friend and head to the Amphitheatre for a fun barbeque with fitness activities. Join the pick-up volleyball game, a sack race, tug of war and more!

STUDENT HOLIDAYS
May 28-30: Memorial Day
July 4: Independence Day

SUMMER TERM
Session 1 – 12 weeks
May 16 – Aug 9
Session 2 – 6 weeks
May 16 – June 27
Session 3 – 6 weeks
June 28 – Aug 9

PLEASE NOTE: The Wellness Center will be closed between semesters
May 9th – 13th
August 9th – 23rd

Are you PANTHER STRONG?
Join the College-Wide PANTHER STRONG initiative to increase physical activity and overall health and wellness of our campuses!

The Panther Strong program, brought to you by the Wellness Centers, aims to help you become healthy, educated and involved in your campus wellness!

For more information go to: www.palmbeachstate.edu/pantherstrong or see Wellness Staff!

Panther Strong

✓ Use Wellness Center 2+ times per week for 1 mo.
✓ Complete Health or Fitness Assessment
✓ Blog: Read one of our many online resources
✓ Attend a Wellness event on your campus

See staff to claim your Panther Pride Prize!
Effective May 16th – August 9th

- Group Exercise classes are open and free to all students, staff, and faculty who have completed a Wellness Center registration and orientation.
- The studio is not available for use during scheduled class times. The studio is available for shared use when classes are not in session. Summer Youth College will have it Monday – Thursday 9am – 4pm.
- Please refrain from entering classes more than 5 minutes after start time, as this poses a safety risk and class disruption.

Check out our website for class descriptions!

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**5th Hour Energizer:**
Join us every day from 12:15 – 12:45 for the “Workout of the Day” in the Weight Room!

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Summer Activity Breaks

The Wellness Center provides a variety of ways to stretch and add physical activity to your workday!

Every day in your department:
See schedule for more details!

Panthers on the Move

Friday, May 20, 2016
9:00 am to Noon
Okeechobee Park
7715 Forest Hill Blvd

9:00am – 10:00am:  8-mile Bike/Walk
10:00am – 11:00am: Volleyball
10:00am – 11:00am: Ultimate Frisbee
11:00am – 12:00pm: Frisbee Golf (18 Targets)

Water & Snacks will be provided. Stay as long as you want.
Contact – Lyn Becker  868-3366  lbecker@palmbeachstate.edu
2016 Men’s Health Month - June

Women are 100% more likely to visit a doctor for annual examinations and preventative services than men. Why not get checked out now?

June 6th – Men’s Health Screening Event
- Stop by BR Building between 1-3:00pm and get a quick check: Blood Pressure, HR, BMI, etc.

June 13th – Wear Blue for Men’s Marathon
- Wear BLUE and walk/jog a lap for men’s health!

“Summer in Paradise”
West Palm Beach

In 2016, Experience and Enjoy “Summer in Paradise”

The 2016 Summer in Paradise Program is 20 event dates of sensational summertime fun! Enjoy three months of interactive art, special events, and water sports, along with nightly light shows, glowing games, and activities on the city’s Waterfront.

- 2nd Friday of June-Aug, catch a FREE family-favorite movie at “Screen on the Green”
- 3rd Sunday of June-Aug, listen to a FREE, family-style “Summer Tribute to the Legends” concert series

July 4th Event – Art, Music, Culture, & Fireworks
*On three stages, nationally performing artists will celebrate America’s Independence along with the country’s largest firework displayed choreographed to music simulcast on four radio stations.

Get involved in the Paradise we call our community!

Mind & Body: BEACH YOGA

Looking for a new kind of workout?
Join Wellness Center Coordinator, Jennifer Evans for Yoga at the Beach!!

Where: Riviera Beach (Parking near Johnny Longboats)
When: Thursday Evenings & Friday Mornings
Contact: Jen Evans evansjl@palmbeachstate.edu
**Bring large beach towel or bed sheet and a water!

Healthy Competition

Wellness Center’s WALL OF FAME!

Want to stand out? Need a goal?

Come stop by the Wellness Center and make your mark on our WALL OF FAME!

Identify your strength and begin working towards beating the top score. Board is cleared at the beginning of the Fall semester, so earn your chance to be on TOP this summer!

Join our Panther Strong Community, and beat your previous best!

Lake Worth Wellness Center
561-868-3365
Public Safety Training Center

Belle Glade Wellness Center
561-993-1169
TEC 126

Boca Raton Wellness Center
561-862-4570
Boca Tech BT 144