lewis campus recreation

MARCH/APRIL 2026 EDITION

STALL STREET NEWS

Developmental Disability Awareness Month

National Developmental Disabilities Awareness Month, observed each March, is a time to recognize and celebrate the diverse strengths, perspectives, and contributions of individuals with developmental disabilities. It also invites us to reflect on the importance of inclusion, accessibility, and understanding in our communities.

Developmental disabilities are a natural part of human diversity, and supporting mental wellness means creating environments where everyone feels valued and respected. By practicing empathy, using inclusive language, and challenging assumptions, we can help build a campus culture where all individuals have the opportunity to thrive.

Brain Awareness Week

- Brain Awareness Week, observed in mid-March, highlights the importance of caring for the brain. Supporting brain health doesn't have to be complicated.
- Simple habits like getting enough sleep, staying hydrated, and fueling your body with nutritious foods help the brain function at its best. Taking short breaks from screens, moving your body, and giving your mind time to rest can also improve focus, memory, and overall well-being.
    - Budget-friendly brain-healthy foods include **eggs, oatmeal, peanut butter, yogurt, bananas, frozen berries, beans, and leafy greens.**

*****Looking for wellness resources?*****

QR code for the WELL

QR code for the Timely Care App for 24/7 access

Follow us on social media!
@lifeatlewisu

National Stress Awareness Month

National Stress Awareness Month (April) focuses on increasing understanding of stress and its effects on mental and physical health. One helpful tool for managing stress is time management. Try creating to-do lists or using planners and digital calendars to make responsibilities feel more manageable. For more information, visit **www.stress.org**.

Upcoming Events

-March WOW Irish Fest(3/4/26)
-Lunch N' Learn (3/27/26)
-April WOW Tea/Sweets(4/1/26)
-Lunch N' Learn (4/30/26)

Free Group Exercise Class

Monday
Spin+Lower Body (12pm)
Pilates (2:15pm)
Tuesday
Spin+Upper Body (12pm)
Pilates (2:15pm)
Country Line Dance (4:15pm)
Wednesday
Spin+Core (12pm)
Yoga (2:15pm)
Thursday
Spin+TotalBody(12pm)
Circuit Training (4:15)
Friday
Yoga/Pilates (12pm)

Group Fitness

Intramurals