



# Healthy Happy Heart Week

February 12 - 15, 2024  
Life University Campus Partners

**Monday, February 12, 2024**

**Hugs, Kisses & Meaningful Wishes**

11:00 am | CGUS Lobby Atrium - Enjoy A Sweet Treat & A Word of Encouragement  
*Presented by Counseling Services*

**Joy, Kindness, Self-Care & Self-Love**

2:30 pm - 6:30 pm | Lyceum Dining Hall - Commons Lobby | Free Snacks, Treats & Surprises  
*Presented by Campus Partners: Chartwells, Res Life & Counseling Services*

**Tuesday, February 13, 2024**

**Mardi Gras Style | Making The Right Choices | Being Responsible**

3:30 pm - 6:30 pm | Commons Dining Hall  
*Presented by Campus Partners: Chartwells & Counseling Services*

**Wednesday, February 14, 2024**

**Love In Every Language | Learn Our Other Countries Celebrate Love**

11:00 am - 1:00 pm | RCCE Lobby  
*Presented by Multicultural Student Belonging & Counseling Services*

**Thursday, February 15, 2024**

**Fitness Designed Just For | Join a Class & Honor Your Heart**

1:00 pm Yoga | 5:00 pm Spin  
*Presented by Campus Recreation & Wellness, The Fitness Center & Counseling Services*

**FOR MORE INFORMATION:**

**CONTACT A PARTICIPATING CAMPUS PARTNER | EMAIL: [COUNSELING@LIFE.EDU](mailto:COUNSELING@LIFE.EDU)  
ALL ACTIVITIES ARE FREE FOR LIFE UNIVERSITY STUDENTS**