

# THE UNIVERSITY OF TOLEDO

SPRING 2022  
ROCKET RECHARGE



Rocket Health

Rocket Recharge aims to help faculty and staff unwind after the academic semester through stress relieving programming May 9-13.

Register for events by visiting  
[utoledo.edu/offices/rocketwellness/healthyu/events.html](https://utoledo.edu/offices/rocketwellness/healthyu/events.html)

**MONDAY**  
May 9

**Open Create**

12-1:30 p.m., Main Campus, Health and Human Services building, room 1711b

**Crystal Bowl Sound Therapy**

11 -11:45 a.m., Main Campus, Health and Human Services building, room 1711c

**TUESDAY**  
May 10

**Prevention Screenings**

1-3 p.m. Main Campus, University Health Center, University Wellness Office

**Building Balance Presentation**

12-1 p.m. Virtual via WebEx

**WEDNESDAY**  
May 11

**Open Create**

11:30 a.m.-1 p.m., Health Science Campus, Four Seasons Bistro, Pinnacle Room

**THURSDAY**  
May 12

**Open Create**

10:30 a.m.-12 p.m., Main Campus, Health and Human Services building, room 1711b

**Exercise and Food are Medicine Presentation**

12:30-1:30 p.m., Virtual via WebEx

**FRIDAY**  
May 13

**Crystal Bowl Sound Therapy**

11 a.m.-11:45 a.m., HSC, Morse Center Fitness Studio

**Open Create**

12-1:30 p.m., Health Science Campus, Four Seasons Bistro, Pinnacle Room

- **Registration is required for all events**
- Visit the University Wellness website at [utoledo.edu/offices/rocketwellness/healthyu/events.html](https://utoledo.edu/offices/rocketwellness/healthyu/events.html) to register and for more program details
- Registered participants will receive additional program information via email.
- Some activities have limited availability.