

Rocket Recharge Spring 2022

Registration is required for all activities and some may have quantity and space limitations.
All activities are in-person unless otherwise noted

Crystal Bowl Sound Therapy with Holistic Hands Wellness Gallery

Monday, May 9, 11-11:45 a.m., Main Campus, Health and Human Services Room 1711c

Friday, May 13, 11-11:45 a.m., Health Science Campus, Morse Center Group Fitness Room

Lie comfortably as the sound waves from genuine American quartz crystal bowls wash over you. We will effortlessly achieve a state of deep relaxation, enhancing our immune systems, creativity, well-being, improving sleep, & decreasing stress & agitation, balancing blood pressure... and all sorts of other wonderful health benefits supporting balance in mind, body, and soul. Yoga mats will be provided, and you are invited to bring anything that will help you feel comfortable (pillow, blanket, water bottle, etc).

Open Create

Main Campus, Health and Human Services Room 1711b

- Monday, May 9, 12-1:30 p.m.
- Thursday, May 12, 10:30 a.m.-12 p.m.

Health Science Campus, Pinnacle Room (Room 1412 in Four Seasons Bistro)

- Wednesday, May 11, 11:30 a.m.-1 p.m.
- Friday, May 13, 12-1:30 p.m.

Stop by anytime during Open Create and choose from a variety of projects including

- Mini planter decorating
- Make your own bookmark
- Velvet poster coloring
- Decorate a mug
- DIY essential oil roller

All materials will be provided although supplies for certain projects may be limited. Limit to one project per person.

Prevention Screening Blitz

Tuesday, May 10, 1-3 p.m., Main Campus, University Health Center, University Wellness Office

Wednesday, May 18, 11:30 a.m.-1 p.m., Health Science Campus, Pinnacle Room (room 1412 in Four Seasons Bistro)

University Wellness and UToledo Pharmacies are partnering to provide health prevention screenings including cholesterol, glucose, blood pressure and DEXA scan (a non-invasive test that measures bone mineral density). No appointment is necessary and the tests can be conducted as fasting or non-fasting.

Building Balance

Tuesday, May 10, 12-1 p.m., Virtual via WebEx

Do you feel like you are constantly in a balancing act with your health, home life, work and other priorities? Join this interactive presentation to learn useful strategies to build balance into your day. Registered participants will receive the WebEx link prior to the scheduled presentation. The session will be recorded and emailed to registered participants once available.

Exercise and Food are Medicine

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

Irregular physical activity and poor nutrition are fast-growing problems that contribute to a variety of chronic disease and health complications including obesity, heart disease, diabetes, hypertension, cancer, arthritis, and more. During this presentation, participants will learn more about how regular physical activity and balanced nutrition are proven effective in the treatment and prevention of chronic diseases along. Additionally, participants will learn about the new Exercise is Medicine On Campus® initiative launching at UToledo.

Northwest Ohio Heart Walk

Saturday May 14, 9 a.m., UToledo Glass Bowl Stadium

Join the Northwest Ohio community and walk to raise money to defeat heart disease and stroke. Join the UToledo team by using [this link](#) and attend the walk on UToledo's campus.