

# Buckeye Wellness August Events

## Farmer's Market

Friday August 24  
Medical Center Rhodes Plaza  
9 a.m. – 1:30 p.m.

## Lunch and Learn

Friday August 31  
Ross Heart Hospital auditorium-or- live webcast  
Speaker: Jay Lindner  
Time: Noon – 1 p.m.

## Buckeye Wellness & Giant Eagle Cooking Demo

Tuesday August 28  
Upper Arlington Giant Eagle  
6 p.m. – 7 p.m.

## Outdoor Wellness Walk

Wednesdays August 8, 15, 22, 29  
Ross Heart Hospital lobby  
12 p.m. – 12:30 p.m.

## Buckeyes on the Move

Thursdays August 2, 9, 16, 23, 30  
Fred Beekman Park – Basketball Courts  
5:30 – 6:30 p.m.

## Vinyasa Yoga

Mondays August 6, 13, 20, 27  
Mendenhall Laboratory 291  
5 p.m. – 6 p.m.

## Zumba Fitness Classes

Tuesdays August 7, 14, 21  
Ross Heart Hospital auditorium 4:30 – 5:30 p.m.  
University Hospital East – Wallace auditorium  
4:45 – 5:45 p.m.

Thursdays August 2, 9, 16, 23, 30  
Student Academic Services lobby  
5:15 p.m. – 6:15 p.m.

Friday August 3, 10, 17  
600 Ackerman warehouse space  
Noon – 12:30 p.m.

## STRONG Boot-Camp Classes

Tuesdays August 7, 14, 21  
Ear and Eye Institute 3000  
Tuesday August 28, Student Academic Services  
5:15 p.m. – 6:15 p.m.

Wednesdays August 8, 15, 22, 29  
Martha Morehouse Pavilion 1046  
6:15 a.m. – 7:15 a.m.

## LaBlast Dance Fitness

Mondays August 6, 20, 27  
600 Ackerman Warehouse Noon – 12:30 p.m.  
August 27, Ohio Union 5:15 – 6:15pm

Wednesdays August 8, 22, 29  
600 Ackerman Warehouse Noon – 12:30 p.m.

For more information, visit [go.osu.edu/buckeye-wellness-events](https://go.osu.edu/buckeye-wellness-events)



THE OHIO STATE UNIVERSITY

OFFICE OF THE CHIEF WELLNESS OFFICER

Buckeye  
Wellness

SOLUTIONS FOR A HEALTHY LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Vinyasa Yoga	Zumba Fitness Class	STRONG Boot Camp Fitness Class	Zumba Fitness Class	Zumba Fitness Class
	Zumba Fitness Class	Outdoor Wellness Walks	Buckeyes On The Move	
	STRONG Boot Camp Fitness Class	Lablast Dance Fitness		
6	7	8	9	10
Vinyasa Yoga	Zumba Fitness Class	STRONG Boot Camp Fitness Class	Zumba Fitness Class	Zumba Fitness Class
	Zumba Fitness Class	Outdoor Wellness Walks	Buckeyes On The Move	
	STRONG Boot Camp Fitness Class	Lablast Dance Fitness		
13	14	15	16	17
Vinyasa Yoga	Zumba Fitness Class	STRONG Boot Camp Fitness Class	Zumba Fitness Class	Zumba Fitness Class
	Zumba Fitness Class	Outdoor Wellness Walks	Buckeyes On The Move	
	STRONG Boot Camp Fitness Class			
20	21	22	23	24
Vinyasa Yoga	Zumba Fitness Class	STRONG Boot Camp Fitness Class	Zumba Fitness Class	Buckeye Wellness Farmer's Market
	Zumba Fitness Class	Outdoor Wellness Walks	Buckeyes On The Move	
	STRONG Boot Camp Fitness Class	Lablast Dance Fitness		
27	28	29	30	31
Vinyasa Yoga	Zumba Fitness Class	STRONG Boot Camp Fitness Class	Zumba Fitness Class	Lunch & Learn: 5 Critical Traits For Financial Wellness
	Zumba Fitness Class	Outdoor Wellness Walks	Buckeyes On The Move	
	STRONG Boot Camp Fitness Class	Lablast Dance Fitness		
	Cooking Demo: Quick & Easy Dishes For Busy Schedules			