

October: A Month to Celebrate You

Sponsored by the High Country Beauty Mark Committee

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Indulge in a treat</i>	2 <i>Relax in a bathtub</i>	3 Community Dog Jog, 10am Watauga Park and Recreation Complex \$20, \$15 <i>Give yourself a greeting card</i>
4 <i>Eat cake</i>	5 <i>Drink water</i>	6 <i>Get a hug</i>	7 The Body Project, 5:30pm: ASU Student Union . Interactive empowerment– feel beautiful in an hour! Free! <i>Take yourself on a walk</i>	8 Hula Hooping for Self Care, noon: Intro class for fun and health. Wellness Center Free! <i>Dance</i>	9 <i>Start a journal</i>	10 The Knob 5k, 8am: Boone Public Library. \$15, \$25 registration Community Contra Dance, 7:30pm: Apple Barn in Valle Crucis <i>Call a close friend</i>
11 Girls on the Run intro session for parent/child duo, 2:00pm: Wellness Ctr.– Free! ASU Women's Volleyball, get in free! when you mention this month! 2:00pm, Holmes Ctr. <i>Eat a new veggie</i>	12 <i>Take pictures</i>	13 <i>Unplug</i>	14 <i>Laugh</i>	15 <i>Indulge in a treat</i>	16 <i>Try a new fruit</i>	17 <i>Sing</i>
18 <i>Floss</i>	19 Art Installation by the WHS Art Club: ASU Sanford Mall <i>Stroll around a block</i>	20 Don't Be a Sloppy Joe, 5:00pm: Free sloppy joes and wellness info for men: ASU Student Union Free! <i>Breathe deeply</i>	21 Body Wise– Promoting Health, Wellness and Self Esteem for Parents of Teens/Tweens, 7:00pm, location TBD Free! Yoga for Community, Students and Faculty, 7:00pm: ASU Student Union Free! <i>Hug a child</i>	22 <i>Make a list of your strengths</i>	23 Contra Dance, 6:30pm: Legends <i>Stretch</i>	24 Fall Hiking, 11:00am: Meet at Earth Fare and Hike the Elk Knob Trail Free! <i>Read</i>
25 Yoga for Cancer Surviv- ors, 2:00pm: Wellness Center. Call 265-9553 to register. Free! <i>Nap</i>	26 <i>Color</i>	27 A Matter of Balance, 3:00pm: Wellness Ctr. Free! <i>Play a game</i>	28 <i>Pick flowers</i>	29 Community Bonfire: On- ward and Upward to Let Go, 7:00pm: ASU Duck Pond Field Visiting writer Michelle Gra- ham, 8:30pm, ASU Student Union. Free! <i>Get out in the sun</i>	30 <i>Give yourself a compliment</i>	31 Raw Food Potluck, 6:30pm: 817 George Wilson Rd. <i>Help a friend</i>

For more information on any of these events, please call Mary Sheryl Horine: 828-262-7557