

From: University Marketing
Sent: Thursday, January 3, 2019 8:30 AM
To: Employee Distribution List; isu-community-L@listserv.indstate.edu
Subject: ISU Today: Wellness programs in the new year



Thursday January 3, 2019

TODAY'S ANNOUNCEMENTS



[Wellness programs in the new year](#)

Employee Wellness wants to help you improve your health in the new year. Programs include Freshstart Smoking Cessation, Lighten Up Blue, Walking Wednesdays, Employee Open Houses at the Student Recreation Center and The Daily Mile challenge.

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[OIT Technology Support Center \(TSC\) changes open hours for spring](#)

The Technology Support Center (TSC) is changing its hours for the Spring 2019 semester to allow for a concentration of support during the peak hours when assistance is in high demand.

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[Employee open house at Student Recreation Center](#)

Save the date to join other employees at the Student Recreation Center. Complete the BINGO card by touring the facility to be entered into a drawing to win five group training sessions for you and two friends.

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[Adding to your toolkit: Practical strategies for assessing student learning in classes, programs](#)

This session will help you move from the "what" and "why" to the "how" of assessment.

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[Center for Community Engagement closed Jan. 9](#)

The center will be closed from 8:30 a.m. to 2:30 p.m. on Wednesday, Jan. 9.

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First Friday Dresser at Barnes & Noble

Bring unwanted clothing and a donation to exchange them with others at Barnes & Noble.

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PAST ANNOUNCEMENTS →

VIEW STATEMENTS →



UPCOMING EVENTS

Fri Jan
4

Women's Basketball at Missouri State

8:00PM

Sat Jan
5

Men's Basketball vs. Bradley

All Day

Sun
Jan 6

Women's Basketball at Southern Illinois

3:00PM

Mon
Jan 7

Transfer New Student Orientation

All Day

Tue
Jan 8

Men's Basketball vs. Missouri State

All Day

VIEW CALENDAR →



NEWSROOM

[Award-winning American history author to present for ISU Speaker Series](#)

American history comes to life with award winning storyteller and author, Candice Millard, will speaker at 7 p.m. Jan. 24 at Tilson Auditorium.

[Nearly 600 Sycamores participate in winter commencement](#)

There were 867 students who applied to graduate, including 412 undergraduates and 172 graduate students who signed up to participate in the commencement ceremony at Hulman Center on Dec. 15.

[Business, health programs to better align with industry needs](#)

The Board of Trustees approved the creation and revision of a business analytics minor and three health programs.

[Indiana State provides \\$1M in free athletic training services](#)

In the past nine years, Sycamores have provided more than \$1 million in free athletic training services at at the Wabash Valley Health Center in Terre Haute.

University Marketing produces ISU Today, the employee daily electronic newsletter, and STATEments, the student newsletter sent Mondays and Thursdays. The newsletters are sent via e-mail. Students and friends of the university may subscribe to [ISU Today](#). Submit an announcement [here](#). To find previously posted announcements, [search here](#).