

Ivy Be Well & Fit

National Volunteer Month

National Volunteer Month and social wellness are deeply connected, as both emphasize the importance of meaningful connections and community engagement. Volunteering fosters social wellness by strengthening relationships, creating a sense of belonging, and enhancing emotional well-being. When individuals give their time to help others, they not only support their communities but also experience personal fulfillment, reduced stress, and increased happiness. By celebrating National Volunteer Month, we highlight how acts of service contribute to a healthier, more connected society.

Volunteering in your community is a great way to give back and improve social wellness. Here are some ways to get involved:

- **Join Local Organizations:** Connect with nonprofits, food banks, shelters, or community centers that need volunteers.
- **Participate in Clean-Up Efforts:** Help clean parks, riverfront, or neighborhoods.
- **Support Schools & Youth Programs:** Tutor or mentor students, coach a sports team, or assist with after-school programs.

WHAT'S IN THIS MONTH'S ISSUE:

- National Volunteer Month
 - IvyLympics
 - Wellness & Resource Fair, Spring Hikes, and more!
- **Help at Senior Centers:** Spend time with the elderly, assist with activities, or deliver meals.
 - **Volunteer at Animal Shelters:** Walk dogs, foster pets, or assist with adoption events.
 - **Organize a Fundraiser or Drive:** Collect food, clothes, or school supplies for those in need.
 - **Use Your Skills:** Offer pro bono services in areas like writing, graphic design, or marketing for nonprofit groups.
 - **Join a Crisis Hotline or Mentorship Program:** Provide emotional support and guidance to those in need.
 - **Engage in Community Gardening:** Help maintain green spaces and promote sustainability including Gloria's Garden.
 - **Check Online Platforms:** Websites like VolunteerMatch, Idealist, social media, and local community boards can connect you with opportunities.
 - **Volunteer on Campus:** Be a mentor, start a club or organization, volunteer in Gloria's Garden, or assist with campus events.



Patchwork Central, MLK Jr Service Week

FREE SNACKS

GIVEAWAYS

Ivylympics

Learn. Prepare. Explore.

APRIL 9 | 11-1

KOCH STUDENT CENTER
COMPLETE 3 EVENTS, WIN A GOLD MEDAL

RESUME RELAY CYCLING IN GREECE OLYMPIC TRIVIA MEDITATIONAL LABYRINTH JAVELIN THROW

Come be a part of the first-ever Ivylympics, hosted by Ivy Tech Wellness, Student Life, Career Link Coaches, and Study Abroad! This one-of-a-kind event offers exciting activities like a resume relay (no running required), virtual biking through Greece, Olympic trivia, a meditational labyrinth, and a javelin throw.

Participate in at least three events, and you'll take home a gold medal! Along the way, you'll enhance your resume, explore Greece (this year's study abroad destination), dive into Olympic history, practice self-care, and most importantly—have fun!

Join us in the Koch Student Center for an unforgettable experience, complete with free snacks and giveaways. Ivy Tech Evansville students and employees welcome. Don't miss out!

SAVE THE DATE

Wellness & Community Resource Fair

Wednesday, April 16, 2025
 10:00 - 12:00
 Ivy Tech Koch Student Center

Open to the community

- 30 vendors
- Cholesterol/glucose screenings provided by Medical Assisting Students

Contact alutzel@ivytech.edu

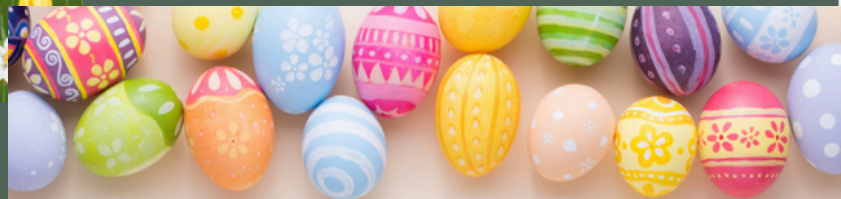
Welborn Foundation
 Wellness & Fitness Center
 LAMKIN CENTER FOR LEARNING & STUDENT SUCCESS

Spring Hikes

Wildflower Walk, John James Audubon State Park
Saturday, April 6, 11 am

Pigeon Creek Greenway, Industrial Corridor
Saturday, April 12, 9 am
Meet: Shirley James Plaza Parking Lot
(Fulton & Ohio St)

Celebrate the Trail Event
Burdette Park, 10 am
Free Online Registration Required



Greek Yogurt Deviled Eggs

Ingredients:

- Hard-boiled eggs: You'll want the yolks well-cooked. So if using this recipe for how to make hard-boiled eggs, leave the eggs in the hot water for 12 minutes.
- Greek yogurt: It's best to use plain whole-milk Greek yogurt. Don't use low-fat yogurt in this recipe.
- Dijon mustard: This French mustard is creamier and less vinegary than yellow mustard and way tastier too.
- To season: use salt, pepper, smoked paprika, and cayenne pepper.

Instructions:

- You start by cutting each egg in half lengthwise. Remove the yolks into a small bowl and arrange the whites on a serving plate.
- Now, use a fork to mash the egg yolks, then mix in the yogurt, mustard, and spices. Mix until smooth.
- Spoon the mixture back into the egg whites and sprinkle some more smoked paprika on top to make them look prettier. That's it! Wasn't that easy?



April Wellness Calendar

Explore Tri-State Trails & Parks

15-Minute Workout

Include a warm-up



Welborn Foundation
Wellness & Fitness Center

FOR MORE INFO VISIT: