

Wellness InSTALLments

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Upcoming Events

19th - Outdoor Carnival
11-3pm; Library Lawn

20th - Headphone Disco
8-11pm; Cohen Ballroom

21st - Involvement Fair
12-3pm; Cohen Ballroom

26th - Healthy Hump Day
STD Roulette
11-2pm; Outside P&W

26th - 3Cs: Sexual Jeopardy
7-8pm; Osprey 5th Floor

P&W HAS MOVED.

Visit our new location,
on the first floor Howard Hall.

Please see our online calendar for
a full, updated schedule

& then I realized
ADVENTURES
are the best way
to learn.

WELLNESS TIP

Don't want to break the bank?
Some restaurants offer
Monday or Tuesday night food
specials to attract business, as
these can be slower nights.

Question of the Month

**Where is the local sand
sculpting contest held?**

Email us at pws@fgcu.edu with the
correct answer to enter into a
drawing for \$10 of Eagle Dollars!

Exploration and Being Well



Whether you are new to the area, or a returning student, having a sense of exploration can help turn Southwest Florida into home. Perhaps you are not sure how to create a life for yourself here, or are stuck in a rut with your usual spots. We can help! **Getting to know your surroundings can be important to your success and happiness, and impact aspects of wellness such as social, intellectual, and emotional wellness.** Plus, it gives you options for study breaks! Gulf Coast Town Center and Coconut Point offer

lots of shops and restaurants, but there is life outside these to explore. **To get you started, Prevention & Wellness offers a "Things to do: SWFL" section on our website.** We identified off-the-beaten-path options, and a few familiar choices. This is not an exhaustive list, but offers a few ideas to get you started. We hope the below suggestions inspire you to keep an adventurous spirit this year and get to know the world outside your front door.

Suggested Adventures

Entertainment: The Stage, Cape Coral Historical Society & Museum, Germain Arena, Broadway Palm Dinner Theater, Edison & Ford Estates.

Shopping: Pottery as Art, Miromar Outlets, Fleamaster's Flea Market, Tanger Outlets.

Dining: Buffalo Chips, Aji Limon Peruvian Restaurant, Love Boat Homemade Ice Cream, Ford's Garage, The Clam Bake.

Outdoor Recreation: Babcock Wilderness Adventures, Speedy Johnson's Airboat Rides, Eagle Skate Park, Matanzas Pass Wilderness Preserve, Miracle Baseball, Lakes Regional Park.

Festivals: Taste of Bonita, SWFL Blues Festival, Coconut Point Art Festival, Estero River Outfitters, Taste of the Beach, Fort Myers Beach Sand Sculpting Championship.

P&W's "Things to do: SWFL" includes Estero, Bonita Springs, Naples, Fort Myers, and Cape Coral.

Things to do: SWFL



Tips for Exploring

Every explorer has a bag of tricks, but here are some of our tips to make your exploring easy:



- Want to try a new restaurant? Go for lunch! Lunch menus tend to be more budget-friendly, and are a great way to try new things.
- Carpool! Save money on gas and enjoy your adventure with new or familiar faces.
- Low on cash? Some festivals and outdoor rec options are free or low-cost.
- Many local festivals happen in the cooler months. Get info early so you don't miss them.

