Description: This bulletin board packet includes information on the Office of Health Promotion’s new rewards program. Information on the new program, prizes and swag, and fall events and programs are all included in the information provided. We have created the materials and provided an example of how to display the information. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: Anytime of the year! If you notice that the semester events and programs calendar has not been updated, please let us know. This packet can be displayed anytime during the Fall 2018 semester.

Ways to alter this board: Attach our Monthly Thrive 365 menu (can be found on our website villanova.edu/healthpromotion under the events page), attach specific flyers for Thrive 365 events, highlight the Thrive 365 winner of the month—can be found on our webpage or in the Wildcat Newswire during the first week of the month.
The student with the most Love Bucks will win:
A Limited Edition Thrive 365 Hat
$100-250 Amazon Gift Cards
A Private Study Room for Finals Week

What is Thrive 365?
The Office of Health Promotion’s new rewards program helps you thrive...365 days a year!
Throughout the year, Thrive 365 programs, events and initiatives will focus on the whole person on topics ranging from fitness and sleep to stress management and nutrition! We hope that you will strive to Thrive 365!

You Could Win...
$50 Gift Cards
A Private Pet Therapy Session for You and Your Friends

Fall Thrive 365 Programs & Events

August
23rd 5th Floor, Patsy P. Frenze Center, Room 550: Fitness & Nutrition Class with Fitness Professional
9/15 5th Floor, Patsy P. Frenze Center, Room 550: Fitness & Nutrition Class with Fitness Professional
9/29 5th Floor, Patsy P. Frenze Center, Room 550: Fitness & Nutrition Class with Fitness Professional

September
9/5 Investment Party
9/11 at the DAC/UC Center: Team Building
9/18 Thrive 365 Kickoff: Where are your Values?
9/25 Nutrition 101: Understanding with 16 oz. glass of water
10/2 Thrive 365: Be the Change
10/9 Thrive 365: Be the Change
10/16 Thrive 365: Be the Change
10/23 Thrive 365: Be the Change
10/30 Thrive 365: Be the Change
11/6 Thrive 365: Be the Change
11/13 Thrive 365: Be the Change
11/20 Thrive 365: Be the Change
11/27 No Thrive 365: Thanksgiving Break
12/4 Thrive 365: Be the Change

November
11/18 Thrive 365: Be the Change
11/25 Christmas Break
12/2 Thrive 365: Be the Change
12/9 Thrive 365: Be the Change
12/16 Thrive 365: Be the Change
12/23 Thrive 365: Be the Change

December
12/14 Thrive 365: Be the Change
12/21 Thrive 365: Be the Change

Check Out Our Portal!

- Love Buck Tracker
- Monthly Challenges
- Swag Catalog
- Upcoming Events
- Resources
- MUCH More!

Love Bucks
Exchange your Love Bucks for swag! You can spend your bucks as you earn them or save them until the end of the year. Choose from bargain swag like pens and folders to more exclusive items like custom planners, yoga mats and bento boxes! Unused Love Bucks roll over to the spring semester but run out at the end of every academic year.

1 Love Buck
2 Love Bucks
5 Love Bucks
8 Love Bucks
10+ Love Bucks

- Tissue packets, pen, folder, laptop sticker
- Jump rope, grocery store tote, chip clip
- Drawstring bag, frisbee, exercise bands, photo/phone stand
- Sleep kit, soup mug, snack cup
- Yoga mat, Villanova Blue & white tee, bento box, water bottle, mini planner
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Drawstring bag, frisbee, exercise bands, photo/note stand

Soup mug, snack cup

Sleep kit

Yoga mat, Villanova blue & white tee, bento box

Water bottle, mini planner

Yoga mat, Villanova blue & white tee, bento box

Soup mug, snack cup

Sleep kit

Yoga mat, Villanova blue & white tee, bento box
YOU COULD WIN...

$50 GIFT CARDS

$100-250 AMAZON GIFT CARDS
A LIMITED EDITION THRIVE 365 HAT

A PRIVATE STUDY ROOM FOR FINALS WEEK
A PRIVATE PET THERAPY SESSION FOR YOU AND YOUR FRIENDS
What is Thrive 365?

The Office of Health Promotion’s new rewards program helps you thrive...365 days a year! Throughout the year, Thrive 365 programs, events and initiatives will focus on the whole person with topics ranging from fitness and sleep to stress management and nutrition! We hope that you will strive to Thrive 365!
HOW
WILL
YOU
THRIVE
YOU THRIVE?
Check Out Our Portal!


- Love Buck Tracker
- Monthly Challenges
  - Swag Catalog
- Upcoming Events
  - Resources
- MUCH More!
The student with the most Love Bucks will win:

Monthly Winners: Thrive 365 hat and a $50 gift card

Semesterly Winner: Thrive 365 hat, $100 Amazon gift card, and a private study room for finals week

Yearly Winner: Thrive 365 hat, $250 Amazon gift card, a private study room for finals week, and a private pet therapy session
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>August</td>
<td></td>
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<tr>
<td>28th</td>
<td>Fitness Pop-Up&lt;br&gt;3pm, South Campus&lt;br&gt;Free workout with Platoon Fitness</td>
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<tr>
<td>September</td>
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<td>6th</td>
<td>Involvement Fair&lt;br&gt;Look for the POWER table!</td>
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<td>7th</td>
<td>Meet the SARC Team Pop-Up&lt;br&gt;11am, Ellipse</td>
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<td>12th</td>
<td>Where is the Love? Wednesday with Pals for Life&lt;br&gt;3pm, 113, Health Services Building</td>
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<tr>
<td>17th</td>
<td>Fitness Pop-Up*&lt;br&gt;11am, Sheehan Beach&lt;br&gt;Free workout with Barre 3</td>
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<tr>
<td>19th</td>
<td>Where is the Love? Wednesday with Pals for Life&lt;br&gt;3pm, 113, Health Services Building</td>
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<td><strong>HEALTHY NOVA WEEK</strong></td>
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<tr>
<td>24th</td>
<td>Fitness Pop-Up&lt;br&gt;3pm, West Campus&lt;br&gt;Free workout with Platoon Fitness</td>
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<td>25th</td>
<td>Breakfast on the Go&lt;br&gt;9am, Oreo</td>
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<td>26th</td>
<td>Where is the Love? Wednesday with Pals for Life&lt;br&gt;3pm, 113, Health Services Building</td>
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<tr>
<td>27th</td>
<td>New Year, New You!*&lt;br&gt;Reserve your spot today!</td>
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<tr>
<td>28th</td>
<td>Latin X Carnival&lt;br&gt;7-10pm, Ellipse</td>
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<td>29th</td>
<td>Mindfulness Yoga*&lt;br&gt;Free yoga session</td>
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<td></td>
<td><strong>FALL THRIVE 365 PROGRAMS &amp; EVENTS</strong></td>
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<tr>
<td></td>
<td><strong>Check our website for additional information and an updated list of programs and events!</strong></td>
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<tr>
<td></td>
<td>*= This event requires an RSVP or reservation. Email <a href="mailto:healthbytes@villanova.edu">healthbytes@villanova.edu</a> for more info!</td>
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<tr>
<td>October</td>
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<tr>
<td>4th</td>
<td>Fitness Pop-Up*&lt;br&gt;Free workout at Barre 3</td>
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<td>5th</td>
<td>Hoops Mania Healthy Happy Hour</td>
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<td>8th</td>
<td>POWER’s Pop-Up SPA&lt;br&gt;11am Ellipse</td>
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<tr>
<td>10th</td>
<td>Where is the Love? Wednesday with Pals for Life&lt;br&gt;3pm, 113, Health Services Building</td>
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<td>Fitness Pop-Up*&lt;br&gt;12:30-2pm Free Boxing and Cooking Class</td>
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<td>Fitness Pop-Up*&lt;br&gt;12:30-2pm Free Boxing and Cooking Class</td>
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<td>Fitness Pop-Up*&lt;br&gt;12:30-2pm Free Boxing and Cooking Class</td>
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<td>15th</td>
<td>Aim to be a Quitter Workshop for Tobacco Cessation*&lt;br&gt;11:30am-1pm, Devon Room</td>
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<td>17th</td>
<td>Friendsgiving with POWER and MSU</td>
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<td><strong>December</strong></td>
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<tr>
<td>4th</td>
<td>Fitness Pop-Up*&lt;br&gt;6pm, Stress-Free Yoga</td>
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<tr>
<td>11th</td>
<td>Fitness Pop-Up*&lt;br&gt;Free workout at Focus Fitness</td>
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<tr>
<td>14th</td>
<td>Stress-Free Healthy Happy Hour&lt;br&gt;1-3pm, Falvey</td>
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