

BWC MEMBER WIN

LORI SPILKER

I've appreciated the weekly meals from the Wellness Center for a few years now. They do an excellent job providing a diverse range of options. The combinations of ingredients selected are impressive. I order extra portions to take home for our suppers. The salads, egg roll bowls, and chicken alfredo are my three favorites. The new ordering format is so easy to use. Always delivered with a smile and consistent delivery time.

Bravo!!



IFC MEMBER WIN

KENT WASSON

I've been a member of the Illini Fitness Center for two months. My goal in joining the facility was to work on increasing my stamina, improving my mobility, and gaining muscle - while losing weight. My energy levels have increased, my balance and strength has improved, and I'm losing weight! Get started, keep moving, and make friends. It makes working out fun along with the benefits!



TIP OF THE MONTH

If you want to build muscle and lose fat, it's important to eat enough protein! After working out, protein is needed for your muscles to properly recover. Try to eat at least 1 gram of protein for every kilogram of your bodyweight.



BWC CULINARY CLASSES FOR NOVEMBER

- 11/5:** Gobble & Gains Culinary Class (16+)
- 11/11:** Turkey Day Kids' Food Art Class (ages 4-10)
- 11/13:** Youth Culinary Class (ages 11-15)
- 11/18:** Fall Harvest Bowls Culinary Class (16+)

BWC PRE-ORDER MEALS FOR NOVEMBER

- 11/4:** Chili Baked Potato
Chili Baked Sweet Potato
- 11/11:** Pumpkin Lasagna
Jalapeno Popper Chicken Salad
- 11/18:** Italian Wedding Soup
Breakfast Casserole
- 11/25:** Breakfast Taco Bowl
Hamburger Vegetable Soup

Orders are due by 10 AM on the Friday before the date listed.