

HEALTHY FALL COURSES



HEU 1000: Tennis



HEU 1020: Self-Defense



HEU 1030: Pickleball



HEU 1050: Golf



HEU 1090: Aerobic Conditioning and Weight Training



HEU 1100: Introduction to Flatwater Kayaking



HEU 1345: Joyful Living



HEU 1709: Koru Insight Meditation



HEU 1715: Eating for Wellness



HEU 1716: Building New Elon Connections



HEU 1717: Discovering Your Purpose



HEU 1718: Let's Talk: Living Nonviolence



HEU 1719: Foraging and Wild Foods



HEU 1721: Water Aerobics for All

Questions? Email Dr. Evan Small
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