November Updates

Fitness Center Regis University

Upcoming Club Sports Games:

- Men’s Lacrosse Alumni Game
  - November 7th at 2:00
- Women’s Rugby
  - November 8th at 2:00
  - Against WSCU

November's Recipe: Blueberry Maple No Cook Oatmeal

**Ingredients**

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 2 teaspoons maple syrup (to taste)
- 1/4 blueberries (or enough to fill the jar/container)

**Directions:**

In a half pint (1 cup) jar, add oats, milk, yogurt, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.
Coors Life Direction Center Information

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