



BUILD YOUR BALANCE

Positive. Proactive. Productive.

SOUTH DUFF promotes our residents' health and happiness with Build Your Balance, our complete wellness program for creating positive change in life, mind and body.

Build Your Balance helps residents make choices that lead to success and satisfaction across 5 key dimensions.



PHYSICAL BALANCE

Nutrition courses
Fitness classes
Cooking classes
University healthcare



CAREER BALANCE

Networking
Interview mentoring
Internship support
University career center



FINANCIAL BALANCE

Money management
Budgeting
Credit repair



ACADEMIC BALANCE

Time management
Tutoring
Resource center



PET BALANCE

Community pet events
Vet screenings
Animal adoption events



SOUTH DUFF

SOUTHDUFFATISU.COM | 515.956.7660

416 BILLY SUNDAY RD, SUITE 150 | AMES, IA 50010

