



**SAVMA
SCOOP**



February 1st, 2018

What's New in SAVMA

SAVMA Pet Food Bank

Check out The Pet Food Bank at our Facebook page:
<https://www.facebook.com/amespetfoodbank>

Please think of the Pet Food Bank this Christmas and consider helping us with our mission of feeding pets in need! We are in need of dog and cat food. We are especially in need of dry cat food. If you are interested in being on the pet food bank committee or volunteering (STG points), please contact Rachel Stika at rstika@iastate.edu.

DONATE FOOD!

IVMA Winter Conference

Where: Prairie Meadows in Altoona.

When: February 13th- 7:30-9 am and February 14th 7-8:30 am.

Anybody who volunteers will be eligible for an IVMA scholarship!

Sign up will be coming or contact your IVMA class rep:

VM3: Austin Ashbacher- aash@iastate.edu

VM2: Annika Johnson- annikaj@iastate.edu

VM1: Logan McQuillen- loganmcq@iastate.edu

SAVMA Scamper

What: 5K and 10K race, fundraiser for SAVMA.

Running partners welcome! 2 and/or 4 legged so long as they are well behaved

When: Saturday April 27th 2019 (**Less than 100 days away!**)

Where: Green in front of FTL


Who: CVM, and members of the community

The organizers are looking for volunteers to help plan the event or help the day of the race!

Check your email for a signup from Sami Naberhaus if you are interested!



It'll be warmer in April!



SAVMA
Chapter at
Iowa State University

**GENERAL MEETING:
DR. ERIC SWINEBROAD
EQUINE INTERNIST**

Thursday, February 7, 2019
Sun Room, Memorial Union
Social Hour: 6-7pm
Meeting: 7-8:30pm

ARAV (Herpetology Club) Chocolate Fundraiser!

Where: OASA, the Small Animal Staff Lounge, and the Large Animal front desk!

Price: They are 1 bar for \$2, or 2 bars for \$3. Please leave money in the envelope!

When: Now until end of semester (while supplies last!)

Tuesday	Wednesday	Thursday
Zumba Natasha Commons @5:10PM	Yoga Dr. Swamy Commons @ 6PM HIIT (Fitness Center) Alex Fitness Center @ 5:30PM	Runner's Club Ethan & Sammi

Signup Link:

<https://docs.google.com/spreadsheets/d/1MMkwFvilnw7F7xnoo65UGtK2UojaD9ZgAa6wvANsDL0/edit?usp=sharing>

Class Descriptions:

Zumba: an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to various dance music. Any level of Zumba experience or anyone who is new is welcome!

Yoga: based on the principles of anatomy and physiology. The session includes a combination of stretching and bending with a focus on the rate of breathing in the background of soft music. **Feel free to bring your own mat or we have mats to provide!**

HIIT: a form of body conditioning and endurance training using many high-intensity stations. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. There will be about 10 stations aiming at a total body workout with all stations having a "step down" option, thus making this open to all who want to come!

Runner's Club: a weekly get together for those who want or need workout buddies or just love running. There will be options for short or medium length runs every meeting. We are a very social group! All experience, or lack thereof, welcome! (Dogs are also welcome - just meet us outside!)