

Upcoming Events Spring 2010

Schedule Subject to Change

Event	Date	Time	Location	Event Description
Familytopia: Writing a Family Mission Statement	January 26 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	Using the new year for inspiration, this workshop gives parents a foundation on which to build their Family Mission Statement.
Blue Cross & Blue Shield: Body Composition Analysis	January 28 th	12:00PM-2:00PM	Campus Recreation Center Conference Room	Receive a body composition screening and consultation.
Six Week Fitness Series: Cardio Kickboxing	Tuesdays & Thursdays, February 2 nd -March 11 th	12:15PM-1:00PM	Aerobics Room B	This workout incorporates warm ups, stretching, cardio, and abs.
Shape Up RI	February 8 th - May 2 nd	On-going	Campus-Wide	12 Week, team based competition designed to motivate participants to lose weight and get in shape.
Blue Cross & Blue Shield: Nutrition One on One	February 11 th Follow up: March 11 th	12:00PM-3:00PM	Campus Recreation Center Conference Room	Individual based counseling to help build a healthy eating plan for life.
Coastal Chiropractic: Anti-Aging For Your Spine	February 24 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	This information session will teach you anti-aging techniques for your spine so you can take care of your body to improve your quality of life.
Familytopia: Family Moments in a Fast-Paced World	March 9 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	This workshop helps parents develop a plan for how to connect with their family despite the chaos.
Blue Cross & Blue Shield: Six Week Fitness Series: Pilates	Tuesdays, March 23 rd – April 27 th	12:00PM-1:00PM	Aerobics Room B	Exercise classes promoting flexibility, balance and core strength.

Blue Cross & Blue Shield: Renew: Sleep Management	March 26 th	12:00PM- 1:00PM	Campus Recreation Center Conference Room	Learn how to sleep smartly so you can wake up feeling refreshed.
Blue Cross & Blue Shield: Walking Club	Mondays, April 5 th -April 26 th	12:00PM- 1:00 PM	Campus Recreation Center Conference Room	Enjoy the springtime and take fitness outside with this campus walking program.
Blue Cross & Blue Shield: Body Composition Analysis	April 29 th	12:00PM- 2:00PM	Campus Recreation Center Conference Room	Receive a body composition screening and consultation.
<p>*You MUST complete the Personal Health Assessment (PHA) before you can receive any HIP points. This is available online, or can be completed at the Simply Wellness and Benefits Fair.</p> <p>*All programs and events are worth 50 HIP points EACH.</p>				