

Upcoming Events Fall 2009

Schedule Subject to Change

Event	Date	Time	Location	Event Description
Christa Johnson Spirituality Workshop: Positive Psychology	September 4 th & 11 th	12:30PM-1:30PM	Campus Recreation Center Aerobic Room B	Learn about learned optimism and authentic happiness.
UNWIND: Coping Skills	September 15th	7:00AM-8:00AM 12:00PM-1:00PM	Campus Recreation Center Conference Room	Learn techniques to cope with stress.
Smoke Free	September 9 th -December 2nd	12:00PM-1:00PM	Campus Recreation Center Conference Room	Learn methods to quit smoking that meet your needs.
The Basics of Acupuncture and Traditional Chinese Medicine	September 30th	12:00PM-1:00PM	Campus Recreation Center Conference Room	Information session on prevention, treatment, and healing through use of acupuncture.
Blue Cross Breast Cancer Screening & Awareness	October 6th	12:00PM-2:00PM	Campus Recreation Center Conference Room	Private screening to assist with early detection and provide awareness and educational materials.
Six Week Fitness Series: Yoga	October 7 th -November 18th	12:00PM-1:00PM	Campus Recreation Center Conference room	Gentle yoga classes for the beginner to the experienced.
Nutrition One on One	October 9 th Follow up: November 9th	12:00PM-2:00PM	Campus Recreation Center Conference Room	Individual based counseling to help build a healthy eating plan for life.

3rd Annual Simply Wellness & Benefits Fair	October 28 th	9:30AM-3:00PM	Field House	Awareness, screenings, demonstrations, prizes and food.
Back Care	October 16 th October 23 rd	2:00-3:00-PM 2:00-2:30PM	Facilities Conference Room	Education on proper back care, lifting techniques and protection from injury.
CPR/AED	November 5 th November 12 th November 19 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	This is a certification class. Must attend all 3 to receive certification.
Acupuncture Education Session: Preventing and Treating Diabetes Naturally	November 18 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	Information session only about the benefits of acupuncture as it relates to diabetes.
Renew: Sleep Management	December 2 nd	11:00AM-2:00PM	Commons Foyer and the Campus Recreation Center	Blue Cross & Blue Shield program
First Aid	December 9 th	12:00PM-1:00PM	Campus Recreation Center Conference Room	Learn basics of first aid training.
Six Week Series: Self Defense	November 3 rd - December 8 th	12:00PM-1:00PM	Campus Recreation Center Aerobics Room B	Self Defense training Center will come and teach techniques for self defense in various situations.

***All programs and events are worth 50 HIP points EACH.**

***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.**