



Upcoming Events Spring 2017

Schedule Subject to Change



Event	Date	Time	Location	Event Description
Exercise Fit For You	Wednesday, January 18 th	12:00pm- 1:00pm	Recreation Center Conference Room	In this session, participants will discover the types of exercise best suited for them based on their unique personality traits. Participants will learn the basics and importance of physical activity, and explore how to get motivated and stay motivated. 50 HIP Points
Healthy Kitchen Makeover	Mondays, January 23 rd and 30 th and February 6 th and 13 th	12:00pm- 1:00pm	Recreation Center Conference Room	This four week long kitchen makeover will help participants overhaul the food in their kitchen and put them on the path to healthier living. The kitchen is the epicenter for creating good health, and this seminar series provides information that to help identify what food to buy and how to prepare it. This series provides steps that will have participants eating well by changing how they shop, prepare, and eat food. 50 HIP Points
Healthy Smile, Healthy You Webinar	Tuesday, January 24 th	12:00pm- 1:00pm	Online Webinar	In this live webinar, participants will review the connection between oral health and overall health. They will learn about bacteria that can form in the mouth and lead to gum disease, including periodontitis, and how a number of chronic health conditions are associated with gum disease. They will also review the basics of proper dental care. 50 HIP Points
Ask a Personal Trainer	Wednesday, February 8 th	10:00am- 2:00pm	Recreation Center Conference Room	A certified personal trainer is available to answer questions and provide guidance on physical activity. The session may be scheduled as a “drop-by” or by appointment in 10-15 minute increments. A professional table top display will include educational handouts, sample equipment and models. 50 HIP Points
Optimize Your Mental Wellbeing Webinar	Wednesday, February 15 th	1:00pm- 2:00pm	Online Webinar	Participants will learn to assess and optimize their state of mental well-being, and help others to do the same. They will learn about common but lesser-known mental health conditions, and how to maximize mental well-being through self-care techniques and strategies. 50 HIP Points

Wellness Clinic Bristol	Wednesday, February 22 nd	5:30am- 7:30am, 10:00am- 2:00pm, 4:30pm- 6:00pm	Recreation Center Conference Room	Participants receive health screenings and educational material. This event includes a variety of screenings administered by licensed Laboratory Technicians. 50 HIP Points
Wellness Clinic Providence	Thursday, February 23 rd	12:00pm- 2:00pm	Providence Campus	Participants will receive health screenings and educational material. This event includes a variety of screenings administered by licensed Laboratory Technicians. 50 HIP Points
Dash to Better Health	Thursday, March 2 nd	12:00pm- 1:00pm	Providence Campus	In this seminar, participants will discover how to employ the DASH Diet to help them live a heart healthy lifestyle. They will discover how to get started with the DASH diet, how to overcome challenges, and how to stay motivated to continue on their healthy journey. 50 HIP Points
Seasonal Allergies Webinar	Monday, March 6 th	12:00pm- 1:00pm	Online Webinar	This program is designed to help you learn about the different types of seasonal and environmental allergies, ways to prevent symptoms, and available treatments. Closer to the date you will receive an email with log in instructions. 50 HIP Points
Wellness Clinic Bristol	Wednesday, March 8 th	5:30am- 7:30am, 12:00- 2:00pm, 4:00pm- 6:00pm	Recreation Center Conference Room	Participants receive health screenings and educational material. This event includes a variety of screenings administered by licensed Laboratory Technicians. 50 HIP Points
Walking Club	Mondays, March 20 th , 27 th , and April 3 rd	12:00pm- 1:00pm	Front of the Recreation Center	Come enjoy a 45 minute walk around campus. 50 HIP Points
The Journey	Tuesdays, March 21 st and 28 th and April 4 th and 11 th	1:00pm- 2:00pm	Recreation Center Conference Room	This is a four-week series addressing everyday things participants' can do to become a better version of themselves These include: meditating, drinking more water, learning about supplements, exercise, finding a creative outlet, getting a better nights' rest, and most importantly, eating right. 50 HIP Points

Diabetes Prevention	Friday, March 24 th	12:00pm-1:00pm	Recreation Center Conference Room	<p>This program will provide information of recommended preventative screenings, blood glucose goals, and meal planning. Seminar participants will be provided information about the importance of physical activity to achieve optimal blood glucose management.</p> <p>50 HIP Points</p>
Sleep from A to Zzz	Wednesday, April 5 th	1:00pm-2:00pm	Recreation Center Conference Room	<p>This seminar will cover general information and myths about sleep as well as how sleep affects your health and fitness goals. The class will help participants learn how sleep benefits the body and recognize the symptoms and consequences of sleep deprivation. They will gain an understanding of the factors that can disrupt sleep and practical tips for sleeping well.</p> <p>50 HIP Points</p>
Supermarket Savvy	Thursday, April 6 th	12:00pm-12:30pm	Providence Campus	<p>In this 30-minute seminar, participants will receive information, tips, and resources empowering them to make smarter, healthier food choices when grocery shopping. Participants will learn how to plan a shopping experience, create healthier meals, read food labels and effectively navigate the grocery store.</p> <p>50 HIP Points</p>
Cardio Tennis	Mondays, April 10 th , 17 th , and 24 th	12:00pm-1:00pm	North Campus Tennis Courts	<p>High energy aerobic workout that incorporates the sport of tennis into a fun workout style atmosphere.</p> <p>50 HIP Points</p>
Financial Wellness 101 Webinar	Thursday, April 20 th	12:00pm-1:00pm	Online Webinar	<p>Participants will learn how to be more financially savvy and will learn the importance of budgeting, saving, and choosing the right financial institution and tools. Participants will also learn tips on how to become holiday spending survivalists, and gain practical tips on setting and achieving financial goals they can stick with. Closer to the date you will receive an email with log in instructions.</p> <p>50 HIP Points</p>
Workout Log	Due April 28 th		Workout log can be downloaded off the Simply Wellness page on the RWU website	<p>Like to workout individually? This log gives everyone a chance to track each time they go to work out on their own. Once the log has been filled with 50 workouts it can then be submitted to simplywellness@rwu.edu to receive</p> <p>50 HIP Points</p>

***Not all programs are available for the wellness incentive cash credit.**