

Wellness Events



Health Promotion and Wellness

Fall 2017

Run for Recovery 5K Run/1-Mile Walk

Register on [Active.com](#) or at [Big Peach Running Company - Kennesaw Location](#)
[KSU Sports & Entertainment Park](#) • Sat 8/26 • Start Time: 8:30am

Support those who are recovering from eating disorders and addiction as well as improving your own health by participating in this 5K! You don't want to miss out! \$25 Registration (\$20 Student Registration)

HIV & Hepatitis C Testing

Wed 9/13 • 11am to 2pm • SRAC* 1220 • Kennesaw Campus
Tues 9/19 • 11am to 2pm • Student Center Ballroom B • Marietta Campus
Tues 10/10 • 11am to 2pm • Student Center Ballroom B • Marietta Campus
Mon 10/16 • 11am to 2pm • SRAC* 1220 • Kennesaw Campus
Wed 11/08 • 11am to 2pm • SRAC* 1220 • Kennesaw Campus
Wed 11/15 • 11am to 2pm • Student Center Ballroom B • Marietta Campus
FREE and CONFIDENTIAL rapid HIV and Hepatitis C testing offered by the Cobb and Douglas Community Service Board is available each month! Condoms and other contraceptives will be provided.

Glow in the Dark Chaser Walk

Thurs 10/26 • 5pm to 8pm • Campus Green • Kennesaw Campus
Join us on the Campus Green track for a one-mile walk and visit stations on alcohol awareness to receive a FREE glow in the dark t-shirt and BAC card!

Health Resource Fair

Wed 10/25 • 10am to 2pm • Student Center - Ballrooms • Marietta Campus
Learn what health and wellness resources Kennesaw State University and the local community has to offer. There will be health related giveaways and activities!

Great American Smokeout

Thurs 11/16 • 9am to 6pm • Health Promotion & Wellness Lobby, SRAC* 1200 • Kennesaw Campus

An event to encourage smokers to quit or make a plan to quit and take an important step towards a healthier life. Stop by to make your own Stop Smoking Kit and get information on Stop Smoking classes & resources.



Wellness on Wheels

Come find the Peer Health OWLs for free giveaways, tips, and fun activities to better your overall health and well-being!

Nutrition

Thurs 9/07 • 2pm to 4pm • Stingers Walkway • Marietta Campus
Mon 9/25 • 2pm to 4pm • Outside the Commons • Kennesaw Campus

Healthy Relationships

Thurs 10/12 • 2pm to 4pm • [location?] • Kennesaw Campus
Mon 10/30 • 11am to 1pm • [location?] • Marietta Campus

Safe Holidays

Mon 11/06 • 1pm to 3pm • [location?] • Marietta Campus
Mon 11/13 • 1pm to 3pm • [location?] • Kennesaw Campus



We've Got Your BAC!

What is a BAC Card and how can it help you? Join the Peer Health OWLs to get your own personalized BAC (Blood Alcohol Concentration) card and learn about safe and responsible consumption of alcohol. Fun will be had and prizes will be awarded!

Tues 8/29 • 2pm to 4pm • Near the Globe • Marietta Campus

Thurs 9/28 • 2pm to 4pm • SRAC* Lobby • Kennesaw Campus



Health Promotion and Wellness

*SRAC rooms located in the new Dr. Betty L. Siegel Student Recreation and Activities Center, Kennesaw Campus

Cooking Demonstrations

Join us and the Social Culinary Society (SCS) to learn how to make healthy recipes that are both nutritious and budget-friendly! Space is limited & registration required.

Call 470-578-6394 to reserve your seat!

All demonstrations located in the SRAC*, Room 1220 • Kennesaw Campus

Knot Your Average Alfredo

Mon, 9/11 12:30-2:00pm • Thurs, 9/14 5:00-6:30pm
Wed, 9/20 12:30-2:00pm

Keep Calm & Curry On

Mon, 9/25 12:30-2:00pm • Wed, 9/27 12:30-2:00pm*
Thurs, 9/28 5:00-6:30pm

Fall Fare

Mon, 10/9 12:30-2:00pm • Wed, 10/11 12:30-2:00pm
Thurs, 10/12 5:00-6:30pm

Ridin' Solo: Meals For One

Mon, 10/23 12:30-2:00pm • Wed, 10/25 12:30-2:00pm
Thurs, 10/26 5:00-6:30pm

Flavors of the World

Mon, 11/6 12:30-2:00pm • Thurs, 11/9 5:00-6:30pm

*Information on stress management will be provided by the Peer Health Outreach and Wellness Leaders (OWLs).

First Aid/CPR/AED

Get certified through the American Red Cross and be prepared to help others. Registration fee: \$38.

Register on our website at wellness.kennesaw.edu
Programs and Services > CPR, AED, First Aid

Adult & Pediatric Training

Fridays • SRAC* 1220 • Kennesaw Campus
10/20 • 10am to 12:30pm or 1:30pm to 4pm
11/10 • 10am to 12:30pm or 1:30pm to 4pm
12/01 • 10am to 12:30pm or 1:30pm to 4pm



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For additional information:

470-578-6394

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