**Wellness Events**

Health Promotion and Wellness  
Fall 2018

---

**Health Promotion Programs**

**Run for Recovery**
Sat 8/25 • 8:30AM  
KSU Sports & Entertainment Park  
390 Big Shanty Road, Kennesaw, GA  
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)  
REGISTER at Active.com by August 22nd for discounted rates

**Health Resource Fair**
Thurs 10/18 • 10am-2pm • Student Center Ballrooms A & B (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!

**Adult & Pediatric First Aid/CPR/AED**
Fridays • SRAC® 1220  
10/12 • 10-12:30pm or 1:30-4pm  
10/26 • 10-12:30pm or 1:30-4pm  
11/9 • 10-12:30pm or 1:30-4pm  
Get certified through the American Red Cross and be prepared to help others in an emergency. Cost $38. Register on our website at wellness.kennesaw.edu

---

**Peer Health Education**

**We’ve Got Your BAC**
Wed 8/29 • 10am-12pm • Student Center Rotunda (Kennesaw)  
Wed 9/26 • 2-4pm • Campus Green (Kennesaw)  
Join the Peer Health OWLs to get your own personalized BAC (Blood Alcohol Concentration) card and learn about safe and responsible drinking.

**Wellness on Wheels**
Sexual Health: Wed 9/5 • 12-2pm • Kennesaw Campus  
Breast Cancer: Thurs 10/11 • 2-4pm • Kennesaw Campus  
Nutrition: Tues 11/13 • 2-4pm • Kennesaw Campus  
Come find the Peer Health OWLs for free giveaways, tips, and fun activities to better your overall health and well-being!

**Fall Festival**
Tues 10/30 • 4-6pm • Campus Green • Kennesaw Campus  
Stop by to learn about how to stay safe while partying. We’ll have alcohol education, BAC cards, and fun games!

**Great American Smokeout**
Thurs 11/15 • Kennesaw Campus • Location TBA  
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 get cessation information.

**HIV and Hepatitis C Testing**
Tues 9/11 • 11am-2pm • SRAC® 1220  
Tues 10/2 • 11am-2pm • SRAC® 1220  
Thurs 11/8 • 11am-2pm • SRAC® 1220  
FREE and CONFIDENTIAL rapid HIV and Hepatitis C testing each month! Condoms and other contraceptives will be provided.

---

For additional information:  
470-578-6394  
wellness.kennesaw.edu  
wellctr@kennesaw.edu

---

*SRAC rooms located in the Siegel Student Recreation and Activities Center, Kennesaw Campus*
Nutrition Services

Cooking Demos
Learn how to make delicious and budget-friendly meals! Space is limited and registration required. Call to reserve your seat! All demos held in SRAC* 1220.

**Shrimply Irresistible Fried Rice**
- Wed, 9/12 12:30-2:00 pm
- Thurs, 9/13 5-6:30pm

**Ramen Makes Miso Happy**
- Wed, 9/26 12:30-2:00 pm
- Thurs, 9/27 5-6:30pm

**Say Cheese!**
- Wed, 10/10 12:30-2:00 pm
- Thurs, 10/11 5-6:30pm

**Fall Fare**
- Wed, 10/24 12:30-2:00 pm
- Thurs, 10/25 5-6:30pm

Nutrition Workshops
Workshops are designed to help you dive into a nutrition topic you are interested in. You can expect engaging education and activities and time to ask a registered dietitian your questions.

**General Healthy Eating**
* Tues, 9/18 12:30-2pm
++ Thurs, 10/11 12:30-2pm
* Wed, 11/7 3:30-5pm

**Eating on a Budget:**
* Fri, 9/28 12:30-2pm
* Mon, 10/29 3:30-5pm
* Thurs, 11/29 9:30-11am

**Sports Nutrition:**
* Tues, 9/25 3:30pm-5pm
* Mon, 10/15 9:15-10:45am
* Mon, 11/27 12:30-2pm

**Intuitive Eating:**
* Tues, 9/11 3:30-5pm
* Wed, 10/3 12:30-2pm
++ Thurs, 11/15 3:30-5pm

**Body Image:**
* Fri, 9/7 11am-12:30pm
* Tues, 10/23 3:30-5pm

**Locations:**
* Kennesaw Campus-SRAC* 1220
++ Marietta Campus-
Student Center, Room A215

Register by calling 470-578-6394

---

*SRAC rooms located in the Siegel Student Recreation and Activities Center, Kennesaw Campus*