Wellness Events

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

Wellness on Wheels

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.

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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

Mon 10/29 • 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

Facebook.com/KSUWellness
@KSU_Wellness
@KSUWellness
Pinterest.com/WellCtr

BACCHUS General Assembly
BACCHUS Network
Denver Marriott City Center

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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*