Wellness Events

Health Promotion and Wellness  Spring 2018

Health Promotion Programs

Welcome Back with Wellness
Thurs 1/11 • 11am-1pm • SRAC 1220
Drop by the Wellness office to say hello and make your own trail mix!

Health Fair
Tues 3/13 • 9am-5pm • SRAC MAC Gym
Over 15 free health screenings! Learn what health and wellness resources KSU and the local community has to offer. There will be health related giveaways and activities!

Stress Less for Success: Relaxation Station
Mon 3/5 • 12-2 pm • Student Center, University Rooms (Kennesaw)
Wed 4/25 • 12-2 pm • Student Center, Ballrooms (Marietta)
Come de-stress through a Labyrinth walk, chair massage, stretching/breathing exercises, coloring, and making your own stress ball.

Adult & Pediatric First Aid/CPR/AED
Fridays • SRAC 1220 • Kennesaw
3/9 • 10-12:30pm or 1:30-4pm
4/20 • 10-12:30pm or 1:30-4pm
4/27 • 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.

Peer Health Education

Love Languages
Wed 2/14 • 5:30-7:30pm • SRAC 1220
No matter your relationship status... Come learn how to communicate with others at our love languages workshop!

We’ve Got Your BAC
Tues 2/27 • 2-4pm • Social Sciences Building Lobby (Kennesaw)
Join the Peer Health OWLs to get your own personalized BAC (Blood Alcohol Concentration) card and learn about safe and responsible drinking.

Safe Spring Break
Thurs 3/29 • 2-5pm • Campus Green
Stop by to learn about how to stay safe this spring break. We’ll have alcohol education, BAC cards, and fun games!

HIV and Hepatitis C Testing
Tues 1/23 • 11am-2pm • SRAC 1220
Tues 2/13 • 11am-2pm • SRAC 1220
Wed 3/28 • 11am-2pm • Student Center Ballroom B (Marietta)
Tues 4/10 • 11am-2pm • SRAC 1220
FREE and CONFIDENTIAL rapid HIV and Hepatitis C testing each month! Condoms and other contraceptives will be provided.

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.

Chili & Chill
Wed, 1/24 12:30-2:00 pm • Thurs, 1/25 5-6:30pm
Tues, 1/30** 12:30-2pm
**Demonstration will also include a presentation on Stress Management by our Peer Health OWLS

Let’s Taco ‘Bout It
Tues, 2/6 12:30-2:00 pm • Wed, 2/7 12:30-2pm
Thurs, 2/8 5-6:30pm

You Have A Pizza My Heart:
Wed, 2/14 12:30-2pm

You’ve Got Me Wonton More (DIY Filled Wontons)
Tues, 2/20 12:30-2:00 pm • Wed, 2/21 12:30-2pm
Thurs, 2/22 5-6:30pm

Baking the World A Better Place
Wed, 2/28 12:30-2pm

Hole Foods Baking Demo
Tues, 3/6 12:30-2:00 pm • Wed, 3/7 12:30-2pm
Thurs, 3/8 5-6:30pm

Sushi Me Rollin’
Wed, 3/21 12:30-2pm • Thurs, 3/22 5-6:30pm

Lettuce Celebrate Salads
Wed, 4/18 12:30-2pm • Thurs, 4/19 5-6:30pm

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