

# 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.

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

## 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'

Tues, 3/20 12:30-2:00 pm • Wed, 3/21 12:30-2pm

Thurs, 3/22 5-6:30pm

### Lettuce Celebrate Salads

Tues, 4/17 12:30-2:00 pm • Wed, 4/18 12:30-2pm

Thurs, 4/19 5-6:30pm



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Pinterest.com/WellCtr



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