

# 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](http://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](http://wellness.kennesaw.edu)

*Programs and Services > CPR, AED, First Aid*

## 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.



[Facebook.com/KSUWellness](https://www.facebook.com/KSUWellness)



[@KSU\\_Wellness](https://twitter.com/KSU_Wellness)



[@KSUWellness](https://www.instagram.com/KSUWellness)



[Pinterest.com/WellCtr](https://www.pinterest.com/WellCtr)



For additional information:

470-578-6394

[wellness.kennesaw.edu](http://wellness.kennesaw.edu)

[wellctr@kennesaw.edu](mailto: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

### Sports Nutrition:

\*Tues, 9/25 3:30pm-5pm

\*Mon, 10/15 9:15-10:45am

\*Mon, 11/27 12:30-2pm

### Body Image:

\*Fri, 9/7 11am-12:30pm

\*Tues, 10/23 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

### Intuitive Eating:

\*Tues, 9/11 3:30-5pm

\*Wed, 10/3 12:30-2pm

++Thurs, 11/15 3:30-5pm

### Locations:

\*Kennesaw Campus-SRAC\* 1220

++Marietta Campus-  
Student Center, Room A215

**Register by calling 470-578-6394**



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