



WELLNESS EVENTS

HEALTHY HAPPENINGS

Run for Recovery

Sat. 8/27 · 8-10 AM, Kennesaw, The Perch

Health and Wellbeing Fair

Tues. 10/4 · 10 AM-4 PM, Marietta, Student Center Ballrooms

PAWs and Relax

Wed. 10/12 · 11 AM-1 PM Kennesaw, Campus Green

Mental Health Fair

Thurs. 10/20 · Kennesaw, University Rooms

ADULT & PEDIATRIC CPR/ AED/ FIRST AID

*SRAC 1220 Cost: \$48 Register
bit.ly/HPWCPRaed

Fri. 10/14 · 10 AM-12:30 PM

Fri. 10/14 · 1:30-4 PM

Fri. 11/11 · 10 AM-12:30 PM

Fri. 11/11 · 1:30-4 PM

HIV TESTING

Free and confidential rapid HIV testing.

Tues. 9/6 · 11 AM-3 PM Kennesaw, Well-Nest

Mon. 10/03 · 11 AM-3 PM Kennesaw, Well-Nest

Thurs. 11/10 · 11 AM-3 PM Kennesaw, Well-Nest

WELLNESS PEER MENTORS

Book an appointment
for wellness coaching
with a Wellness Peer
Mentor today!



PEER HEALTH EDUCATION

Wellness on Wheels

Be on the lookout for the Wellness Wagon for information on various health topics and giveaways!

Sexual Health

Wed. 9/7 · 10 AM-12 PM

Stress Management

Tues. 11/1 · 10 AM-12 PM

Healthy Hotspots

Set Good Sexpectations

Tues. 9/13 · 11 AM-1 PM

Kennesaw, Academic Learning Center

Wed. 9/28 · 11 AM-1 PM Marietta,
Atrium Building

Sleep On It

Tues. 10/11 · 2-4 PM, Marietta, Stingers Walkway

Wed. 10/26 · 2-4 PM, Kennesaw,
Campus Green

Got Stress?!

Wed. 11/2 · 10 AM-12 PM, Marietta,
Wilson Student Center

Tues. 11/8 · 10 AM-12 PM, Kennesaw
SRAC* 1220

Fall Festival

Thurs. 10/20 · 2-5 PM, Kennesaw
Campus Green

Teatime and Terrariums

Tues. 11/15 · 1-3 PM, Marietta, Wilson
Student Center Lobby

Wed. 11/16 · 2-4 PM, Kennesaw, Well-
Nest



WELLNESS EVENTS

NUTRITION WORKSHOPS & EVENTS

Ask the RD: Healthy Eating at the Dining Hall

Wed. 9/7 • 11 AM-1 PM Kennesaw,
Prillaman Building
Thurs. 9/8 • 11 AM-1 PM, Marietta,
Stingers Walkway

Nutrition Workshop: Healthy Eating for the College Student†

Tues. 9/20 • 1-2 PM Marietta,
Student Center Room 216
Wed. 9/21 • 1-2 PM Kennesaw, SRAC* 1220

Ask the RD: Whole Grains

Wed. 10/5 • 11 AM-1 PM Marietta,
Stingers Walkway
Thurs. 10/6 • 11 AM-1 PM Kennesaw,
Commons Patio

Nutrition Workshop: Cooking 101†

Tues. 10/25 • 10:30 AM-12 PM Kennesaw,
SRAC* 1220

Nutrition Workshop: Hungry for the Holidays†

Tues. 11/8 • 1-2 PM Marietta,
Wilson Student Center Room 216
Wed. 11/9 • 11 AM-1 PM SRAC* 1220

COOKING DEMOS

Learn how to make delicious, budget-friendly meals at our Food Fight Cooking Demos! Space is limited and registration on OwlLife is required. All demos are held in SRAC* 1220 unless otherwise noted.

Pumpkin' Iron Chocolate Pumpkin Bread

Wed. 9/14 • 12:30-2 PM
Thurs. 9/15 • 5:30-7 PM

From My Head To-matoes Pico de Gallo

Thurs. 9/22 • 12-1:30 PM, Marietta,
Wilson Student Center Ballrooms

Cheese the Day Quesadillas with Pico de Gallo

Wed. 9/28 • 12:30-2 PM
Thurs. 9/29 • 5:30-7 PM

Have a Rice Day Stir-Fried Rice with Vegetables

Wed. 10/19 • 12:30-2 PM
Thurs. 10/20 • 5:30-7 PM

Live, Laugh, Lasagna Lasagna (Beef and Vegan Options)

Wed. 11/2 • 12:30-2 PM
Thurs. 11/3 • 5:30-7 PM

Best Thing Since Sliced Bread French Toast with Fruit Topping

Wed. 11/16 • 12:30-2 PM
Thurs. 11/17 • 5:30-7 PM

For additional information:

470-578-6394

wellness.kennesaw.edu
wellctr@kennesaw.edu



*Kennesaw Student Recreation and Activities Center

†Registration Required On Owl Life



**KENNESAW STATE
UNIVERSITY**

DIVISION OF STUDENT AFFAIRS
Health Promotion and Wellness