DUE TO COVID-19 WE ARE OPERATING REMOTELY. TO PARTICIPATE VIRTUALLY IN OUR VARIOUS PROGRAMS, WORKSHOPS, & COOKING DEMOS, FOLLOW OUR SOCIAL MEDIA PAGES LOCATED BELOW

Facebook: FB.com/KSUWellness
Instagram: @KSUWellness
Twitter: @KSU_Wellness
KSUWellness
TikTok: @KSUWellness
Pinterest.com/WellCtr
KSU Wellness

HEALTH EDUCATION PROGRAMS

Stay Alert
Thurs, 5/7

Tips for a Successful Semester
Thurs, 5/14

Why I choose Not to Drink and Drive
Thurs, 5/14

Alcohol IQ
Tue, 5/19

What is a Dental Dam and When Do I Need One?
Thurs, 5/21

Helpful Tips for Returning to Studying
Wed, 5/27

What are the Stats Saying?
Sat, 5/30

Breathing to Relieve Stress
Wed, 6/3

Mocktails Wars
Wed, 6/10

How Well Does Birth Control Work?
Tue, 6/12

Ask the Peer Health Educators Q&A
Wed, 6/17

Consent vs Coercion
Mon, 6/18

Preventing Unnecessary Stress Tips
Wed, 6/24

Consent Mocktails/Pizza
Wed, 7/1

Holiday Themed Mocktail
Sat, 7/4

State the Facts Challenge
Mon, 7/6

Sleep Debt: Can You Ever Catch Up?
Mon, 7/13

Coping/Dealing with Post Graduation Stress
Mon, 7/20
**NUTRITION COUNSELING**

We offer individual counseling with a Registered Dietitian to address your nutrition-related questions and concerns. Currently, all services are offered via video conferencing using Microsoft Teams.


**COOKING VIDEOS**

**Dietitian’s Dish**
How to Cut up Raw Fruits and Vegetables
Tue, 5/12

**Pasta Salads 4 Different Ways**
Tue, 5/19

**Healthy Smoothies to Jump Start your Day**
Tue, 6/2

**Homemade Dressings for Summer Salads**
Tue, 6/23

**Dietitian’s Dish**
How to Handle Raw Meat
Tue, 6/30

**Kale Yeah! DIY Crispy Kale Chips**
Tue, 7/14

Look for virtual cooking demonstrations on our social media channels and the Virtual Programming section of wellness.kennesaw.edu

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**Alcohol Awareness Sprirt Week: Clothing Editon**

6/22: “Put underage drinking to sleep”
-Wear pajamas

6/23: “You’re too bright to drink and drive”
-Wear neon clothing

6/24: “Let’s join the fight against drinking and driving”
-Wear superhero clothing

6/25: “Rally in red against drinking and driving”
-Wear red clothing

6/26: “Team up against underage drinking and drunk driving”
-Wear sports/team clothing

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**Nutrition Workshops**

5/15 Fruit Ninja
The Healthiest Fruits to Slice Into!

5/29 How to Spot a Fad Diet

6/19 Rethink Your Drink! Examining the Sugar Content of Popular Drinks

7/10 Vending Machine Nutrition
Is There Anything Healthy in There?