

# Amazing Women Amazing Health



## Wellness Week



### Events Schedule March 14-19, 2010

#### **Sunday, March 14, 2010**

Time: 5:30 --??

**Subject: Wii Sports Tournament** – The Pit -- *Kick off Wellness Week with a rousing evening of your favorite Wii sport!! **Win prizes!!***

#### **Monday, March 15, 2010**

**Time: 8:30 AM – 9:30AM**

**Subject: Staff Breakfast--Julie Livengood, Aramark Dietician—Windsor Lounge**

*You've heard it over and over. The key to a healthy diet and weight management is portion control. The concept is easy: if you eat less, you consume fewer calories. But in a world where big is better and restaurants serve overflowing plates of food, it's tough to figure out what is a "normal" portion size. It is very easy to overeat when oversized portions and all-you-can eat buffets surround us. While most of us know the basics about nutrition, it's time we take a few minutes to rethink how much we eat. It's just as important as what we eat. Don't be the next to fall victim to portion distortion. Join Julie and learn how to control portions, build a healthy plate, and practice mindful eating. **Attendance prize!!***

**Time: 8:30 AM – 9:30 AM**

**Subject: Heart Health Awareness--Corey Prasch—Computer program assessment of risk factors for heart disease, stroke, and chronic conditions; have your blood pressure checked.**

**Time: 11:30 AM – 1:00 PM**

**Subject: Columbia PedNEt Booth—The Pit**

**Sex talk Booth—Betsy Smith—The Pit—***How much DO you know about safe sex and STD's?  
Find out more*

**Subject: Heart Health Booth—The Pit—See description above**

**Susan G. Komen for the Cure, Breast Cancer Booth—The Pit—***Learn your risk and what you  
can do to prevent breast cancer*

**Hula Hoop Contest- The Pit**

**Time: 12:00 PM – 1:00 PM**

**Subject: Biting Off More than you can Chew--Julie Livengood, Aramark Dietician, Windsor  
Lounge—See description above. Attendance prizes!!**

**Time: 2:00 PM – 4:00 PM**

**Subject: Body Fat Testing--Health Services—***Find out your % body fat, BMI (body mass index), and  
your all important waist measurement.*

**Time: 5:00 PM – 5:30 PM**

**Subject: Evening Walk—Boone Hospital Labyrinth—Meet in the Pit**

**Time: 6:30 PM – 8:30 PM**

**Subject: Alcohol Awareness—"Haze" Movie— Discussion with Cosha Baker, Charter Auditorium**  
*On the afternoon of September 16, 2004, a joyous 18-year-old, Lynn Gordon Bailey Jr.,  
pledged Chi Psi Fraternity at the University of Colorado. The next morning he was found  
dead, a victim of an irresponsible hazing ritual involving alcohol. Attendance prize!!*

**Time: 9:00 PM – 9:45 PM**

**Subject: Relaxation in the Residence Hall--Pajama Talk—Basement of Pillsbury**

**Tuesday, March 16, 2010**

**Time: 8:30 AM – 9:00 AM**

**Subject: Walk—Boone Hospital Labyrinth—Meet in the Pit**

**Time: 11:00 AM – 12:00 PM, 12:00PM - 1:00 PM**

**Subject : Free Tour MU Rec Center—Reservations required\*--Meet in the Pit—***Open to Students, Faculty and Staff*

**Time: 11:30AM – 1:00 PM**

**Subject: Chair Massages—Ann Dougherty, LMT, NCTMB. The Pit**

**Subject: MU Dermatology Booth—Luanne Chance, RN—The Pit—***Sun damage, who me??*

**Diabetes Booth—MLKSU—The Pit—***What exactly is diabetes and why I should know my risks.*

**Time: 12:00 PM – 1:00 PM**

**Subject: Melanoma Skin Cancer/Sun Safety: One Student's Story-- Megan Tongue—Windsor**

**Lounge—***Come hear a Stephens' student share her stirring story of her brush with cancer and how it changed her life—and what you need to know to protect yourself and your skin.*

***Attendance prize!!***

**Time: 5:00 PM – 6:00 PM**

**Subject: Flat Branch Katy Trail Walk—Meet in the Pit**

**Time: 6:30 PM – 8:00 PM**

**Subject: Drumming, Sally Burnley, Drum Circle Facilitator.** *Come experience the fun, relaxation, and beauty of drumming. African and Asian hand drums, world percussion woods, shakers and bells provided!!*

**Time: 9:00 PM – 9:45 PM**

**Subject: Yoga in the Residence Hall--Tower Hall Lobby**

**\*Call Health Services For MU Rec Center Tour Reservations: 573-876-7157 or ext. 4157**

**Wednesday, March 17, 2010—Green Day—Happy St. Patrick's Day**

**Time: All Day**

**Subject: Celebrate your Irish—Stop by the Pit or Health Services to pick up your green Beads!**

**Time: 8:30 AM – 9:30 AM**

**Subject: Green Walk--Campus Clean-Up—Meet in the Pit—*Trash bags provided, exercise free!!***

**Time: 9:00 AM – 12:00 PM**

**Subject: Health Connection—Open House. Attendance prizes!!** *For all Stephens College students, faculty, and staff. THC is a fitness facility located in Hillcrest Hall. Membership is free to Stephens' students and discounted for Stephens' faculty and staff. Please join us for fun, food, and prizes!*

**Time: 11:00 AM – 12:00 PM, 12:00 PM – 1:00 PM**

**Subject: Free Tour MU Rec Center—Reservations Required\*\*\*--Meet in the Pit—*Open to Students, Faculty and Staff***

**Time: 11:30 AM – 1:00 PM**

**Subject: Diabetes Booth—MLKSU—The Pit—*What exactly is diabetes and why I should know my risks.***

**Time: 11:30 AM – 1:00 PM**

**Subject: Drug Board Booth—The Elks Lodge—*Come see examples of common and not so common street drugs and what not to try.***

**Time: 11:30-1:00**

**Subject: Fresh U Smoking Cessation Booth—The Pit—*Stay or start to be a nonsmoker today! Check out how much carbon monoxide you may be carrying in your lungs.***

**Time: 12:00 PM – 1:00 PM**

**Subject: Alcohol Awareness Ride the Adult Tricycle with Beer Goggles—Windsor Lounge—**  
*Experience the feeling of performing complex tasks while wearing*

**Time: 12:00 PM – 1:00 PM**

**Subject: Relationship Secrets/ How to Avoid Hurtful Relationships—Kimberly Smith--**  
**Penthouse—** *This open forum discussion will assist you in identifying and maintaining positive relationships. Additionally, it will address the often kept secret of domestic violence among college age students, as well as providing information about how to get out of abusive relationships.*  
**Attendance prize!!**

**Time: 5:00 PM – 5:30 PM**

**Subject: Evening Green Walk—Campus Cleanup—Meet in the Pit--***Trash bags provided, exercise free!!*

**Time: 5:30 PM – 7:30 PM**

**Subject: Mole Mapping—Dr. John Despain and Dr. Kimberly Cayce--Reservations Required\*\*—**  
**Students Only—Health Services—** *Calling all students with fair complexion, those with a family history of skin cancer, those with history of severe sun burn, have a long 'tanning' history, or those with LOTS of moles. If you are at high risk for developing skin cancer, get your skin checked by two of Columbia's prominent dermatologists.*

**Time: 6:30 PM – 7:30 PM**

**Subject: Body Image— Erin Zevely—Attendance prizes!!--** *An interactive program discussing the effects of mass media on body image, eating disorders and why it is important to set an example for younger girls.*

**Time: 9:00 PM – 9:45 PM**

**Subject: Relaxation in the Residence Hall—Health Connection, Hillcrest Hall**

**\*\*Call Health Services For MU Rec Center Tour Reservations and Mole Mapping: 573-876-7157  
or ext. 4157**

**Thursday, March 18, 2010**

**Time: 8:30 AM – 9:00 AM**

**Subject: Morning Walk--Stephens Lake Park—Meet in the Pit**

**Time: 10:00 AM – 12:00 PM**

**Subject: Free Health Screening—Health Services--Students Only—Reservations required\*\*\*--***Have you ever wondered if you are anemic, have diabetes or high cholesterol? This is your chance to check this out. Call for reservations. Funded by Stephens SGA!*

**Time: 11:30 AM – 1:00 PM**

**Subject: "Ask-Listen-Refer"; Suicide Prevention Booth, Kelly Sheline—***How much do you really know about suicide, and how to help yourself or someone you know??*  
**Civic Recycling – Andrea Shelton- The Pit**

**Time: 11:30 AM – 1:00 PM**

**Subject: MU Craft Studio Booth—The Pit--***Stop by for fun crafts, ideas and available classes!*  
Free blood pressure and pulse – MU Student Nurses – The Pit

**Time: 12:00-1:00 PM**

**Subject: Pilates--Robin Riley-Martin, Windsor Lounge—***This is your chance to check out Pilates, or get your Pilates workout in for the day! **Attendance prizes!!***

**Time: 5:00 PM – 6:00 PM**

**Subject: Evening Walk--Stephens Park Walk—Meet in the Pit**

**Time: 6:30 PM – 7:30 PM**

**Subject: Healthy Relationships--STAR students--*****Attendance prizes!!** Want to know what he is thinking and why he is thinking it? Reading minds is tough, so come learn more about communication to get the information that you want. Everyone says the key to healthy relationships is in the boundaries. What are boundaries and how do we make them? These topics and more will be discussed during the healthy relationships group.*

**Time: 9:00 PM – 10:00 PM**

**Subject: Vespers – BE WELL- Chapel**

**\*\*\*Call Free Health Screening Reservations and Mole Mapping: 573-876-7157 or ext. 4157**

**Friday, March 19, 2010**

**Time: Lunch**

**Subject: Wellness Lunch—Closing—Dining Hall**

**Time: 12:30**

**Subject: Drawing for the Grand Prize—Ipod Shuffle—*Be there to see if you win the grand prize or other great prizes!!***