

Wellness

Center

Kennesaw State University

Spring 2007 Events

Day	Date	Time	Event	Location
Tues	1/30	12:30-1:30 pm	Lunch-n-Learn: Fiscal Fitness: Keys to Financial Success	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	1/31	10:00-11:00am	Wake Up with Wellness: Fiscal Fitness: Keys to Financial Success	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Fridays	2/2, 2/9, 2/16, & 2/23	12:30-1:30 pm	Lunch-n-Learn: FreshStart: Smoking Cessation Support Group	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 SMOKERS that register by calling 770-423-6394.
Mon-Thurs	2/5-2/8	10:00am-4:00pm	Body Image Awareness Week Information Station	Student Center Atrium, First Floor
Mon	2/5	12:30-1:30pm	Lunch-n-Learn: Impossible Bodies: Plastic Surgery as a New Social Problem Tammy Holcomb- Ridgeview Institute	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Tues	2/6	12:30-1:30 pm	Lunch-n-Learn: How the Music Industry Sells Gender Roles	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Tues	2/6	8:00pm	National Speaker: Jessica Weiner Do I Look Fat In This? (Body Image, Self-Esteem & Eating Disorders)	Student Center, University Rooms CDE *For more information visit her website at http://www.jessicaweiner.com
Wed	2/7	12:30-1:30 pm	Lunch-n-Learn: Sports Nutrition	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Thurs	2/8	12:30-1:30 pm	Love That Belly! An Introduction to Belly Dancing	Student Center, University Rooms CDE
Mon-Thurs	2/12-2/15	10:00am-4:00pm	"Condomplation" Information Station	Student Center Atrium, First Floor
Tues	2/13	10:00 am-12:00 pm	FREE AIDS Testing (Limited to 50 students)	Student Recreation & Wellness Center, Room 130
Tues	2/13	12:30-1:30 pm	Lunch N Learn: Sex and the College Student Presented by AID Atlanta	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	2/14	12:30-1:30 pm	Bon Appetit: Healthy French Cuisine (co-sponsored by the French Club)	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Thurs	2/15	12:30-1:30 pm	Lunch-n-Learn: There's a Fine Line Between Love and Stalking	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Tues	2/20	12:30-1:30 pm	Lunch-n-Learn: The Dating Game: Getting What You Want	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	2/21	10:00-11:00am	Wake Up with Wellness: The Dating Game: Getting What You Want	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Mon	2/26	11:00 am-2:00 pm	Safe Spring Break Party Root Beer, Popcorn, Drinking Games, Mock DUI, & more!	Student Center Atrium, First Floor
Tues	2/27	12:30-1:30 pm	Lunch-n-Learn: Spring Break: Planning the Perfect Road Trip	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	2/28	10:00-11:00am	Wake Up with Wellness: Spring Break: Planning the Perfect Road Trip	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Tues	3/13	12:30-1:30 pm	Lunch-n-Learn: Disguise Those Guys: Creative Ways to Eat Your Veggies	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	3/14	10:00-11:00am	Wake Up with Wellness: Disguise Those Guys: Creative Ways to Eat Your Veggies	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Tues	3/20	12:30-1:30 pm	Lunch-n-Learn: Getting the Sleep of Your Dreams	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.

Wed	3/21	10:00-11:00am	Wake Up with Wellness: Getting the Sleep of Your Dreams	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Tues	3/27	8:00am-6:00pm	Health Fair Over 15 FREE Health Screenings!! (T-shirts and prizes for participants)	Student Center, University Rooms A-E
Tues	4/3	12:30-1:30 pm	Poker Walk 1 Mile Walk – Walker with Best Poker Hand Wins!	Campus Green For early registration call 770-423-6394.
Tues	4/10	12:30-1:30 pm	Lunch-n-Learn: Anxiety 101	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	4/11	10:00-11:00am	Wake Up with Wellness: Anxiety 101	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.
Fri	4/13	9:30am-4:30pm	American Red Cross: Adult, Child, & Infant CPR	Student Recreation & Wellness Center, Room 130 Cost: Class registration fee due to Wellness Center BY Friday, March 30 th . (Class Size limited to 12 participants)
Tues	4/17	12:30-1:30 pm	Lunch-n-Learn: Depression 101	Student Recreation & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	4/18	10:00-11:00am	Wake Up with Wellness: Depression 101	Student Recreation & Wellness Center, Room 130 Free breakfast for the first 30 students that register by calling 770-423-6394.

For additional information: Please call 770-423-6394 or visit www.kennesaw.edu/col_hhs/wellness/