

Wellness

Center

Kennesaw State University

Spring 2006 Events

Day	Date	Time	Event	Location
Wed	1/18	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130
Tues	1/24	12:30-1:30 pm	Smoking Cessation Class (1 of 4 sessions)	Student Rec & Wellness Center, Room 130 Register by calling 770-423-6394 (Lunch provided)
Tues	1/31	12:30-1:30 pm	Smoking Cessation Class (2 of 4 sessions)	Student Rec & Wellness Center, Room 130 Register by calling 770-423-6394 (Lunch provided)
Tues	2/7	12:30-1:30 pm	Lunch-n-Learn: How to Prepare a Heart Healthy Dinner for Two!	Student Center, University Rooms CDE Free lunch for the first 30 students that register by calling 770-423-6394.
Tues	2/7	12:30-1:30 pm	Smoking Cessation Class (3 of 4 sessions)	Student Rec & Wellness Center, Room 130 Register by calling 770-423-6394 (Lunch provided)
Wed	2/8	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130
Mon-Thurs	2/13- 2/16	11am-4pm	CONDOMplation Info Booth: Information on relationships, sexuality, AIDS, STI's, birth control and more!	Student Center, Atrium (first floor)
Tues	2/14	12:30-1:30 pm	Smoking Cessation Class (4 of 4 sessions)	Student Rec & Wellness Center, Room 130 Register by calling 770-423-6394 (Lunch provided)
Wed	2/15	12:30-1:30pm	Lunch N Learn: Building Positive Relationships: The Foundation of Social Wellness	Student Center, University Rooms CDE Free lunch for the first 30 students that register by calling 770-423-6394.
Mon-Thurs	2/20-2/23	11am-4pm	EDAW: Eating Disorders Awareness Week- Info Booth: Be Comfortable in Your Genes	Student Center, Atrium (first floor)
Mon	2/20	10am-2pm	Digital Deception: See How Easy Your Photo Can Be Manipulated	Student Center, Atrium (first floor) & University Room B
Tues	2/21	TBA	Body Image: Peer Theater Program	TBA
Wed	2/22	6:30-7:30pm	Body Image National Speaker	Student Center, University Rooms A & B
Thurs	2/23	12:30-1:30pm	Love That Belly: An Intro Class To Belly Dancing	Student Center, University Rooms CDE
Tues	2/28	12:30-1:30 pm	Lunch-n-Learn: Painful Sunburn? How to Avoid the Sun of the Beach	Student Rec & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Wed	3/8	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130
Tues	3/14	12:30-1:30pm	Lunch N Learn: Eating Healthy on a College Budget	Student Rec & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Fri	3/17	10am-4pm	American Red Cross: Adult CPR & First Aid class <i>Pre-registration required</i>	Student Rec & Wellness Center, Room 130 Limited to 12 participants. Register by calling 770-423-6394.
Tues	3/28	12:30-1:30pm	Lunch N Learn: Self Help Tips: Taking Responsibility for Your Health	Student Rec & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Thurs	3/30	12:30-2:30pm	S.A.F.E: Self-defense Awareness and Familiarization Exchange Brought to you by the KSU Police	Student Rec & Wellness Center, Room 130 Limited to 12 participants. Register by calling 770-423-6394.
Tues	4/4	8am-6pm	Health Fair Over 20 FREE health screenings and give-a-ways!	Student Center, University Rooms A-E

Wed	4/12	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130
Tues	4/18	12:30-1:30pm	Lunch N Learn: Physiological Benefits of Exercise Brought to you by the CAPS Center	Student Rec & Wellness Center, Room 130 Free lunch for the first 30 students that register by calling 770-423-6394.
Tues	4/25	12:30-1:30pm	Poker Walk 1-mile walk, music, & fun	Campus Green
Wed	5/10	9:20 am-4:20 pm	Mobile Mammography Van	Between Campus Green & Student Rec & Wellness Ctr To schedule an appointment, please call WellStar at 770-956-7827. You will need a written doctor's order.
Wed	5/10	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130
Wed	6/14	12:00-1:00 pm	Cancer Support Group	Student Rec & Wellness Center, Room 130

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

MicroFit Fitness Testing:

Blood Pressure
Heart Rate
Weight
Body Composition
Muscular Strength
Flexibility
Cardiovascular Endurance

Computerized testing allows for pre and post test comparisons.

Spring Semester Hours:

Monday-Thursday:
9:00 a.m. to 6:00 p.m.

Friday: 9:00 a.m. to 5:00 p.m.

Saturday: 9:00 a.m. to Noon.

Computer Programs:

Dine Healthy-Nutrition Analysis
Prescription Drug Reference
Alcohol 101
Home Medical Advisor
Body Works-Anatomy
Medical Encyclopedia
Recipes for Healthy Cooking
Cook'n Lite & Healthy
Cook'n for Diabetes
Cook'n for Vegetarian

Wellness Library:

Journals
Newsletters
Brochures
Videos
Health Books
Access to World Wide Web

Location & Contact Information:

Student Recreation & Wellness Center, Room 131

(770) 423-6394

Web Page:

www.kennesaw.edu/col_hhs/wellness/

Email: wellctr@kennesaw.edu