



Friday, September 17, 2004

## Wellness Wednesdays feature latest health information

By **Dawn Pauli**, contributing writer

Get over the mid-week hump and spend your lunch hour learning about the latest health trends at Wellness Wednesdays.

Sponsored by the Department of Campus Recreation's Fitness and Wellness Program, health and exercise experts will speak to students, alumni, faculty and staff during the free program, featuring topics ranging from organic food to managing stress.

"I try to pick topics that are alternative to traditional medicine and also that individuals might not be exposed to on a regular basis," said Mila Padgett, assistant director of programs. "I also look at the latest trends and try to deliver topics from individuals that can give the facts on what is out there instead of just hearing the sellers point of view."

Faculty and staff should register at the **Faculty and Staff Training** site to ensure the program is included as a part of their Wellness Record. Pre-registration is not necessary for all others.

"People need to take control of their health and wellness," Padgett said. "Being proactive and preventative in nature will improve your overall quality of life. To do this, you need to be informed and exposed to different methods of taking care of your mind and body."

Following is a list of Wellness Wednesday programs, held in the Recreation Center Pioneer Room.

### **Hypnotherapy for Habits – Healthy or Not**

Sept. 22, 12:05 p.m.

Robert Jarski, certified hypnotherapist, IMDHA and director of Complementary Medicine and Wellness Program, School of Health Sciences

### **Everything You Ever Wanted to Know About Organics**

Oct. 13, 12:05 p.m.

Laurie Stern, marketing and communications, Whole Foods Market

### **Stress and the Daily Hassles of Your Job**

Oct. 27, 12:05 p.m.

Robby Stewart, chair and professor of psychology

### **Healthy Spirit Day (Recreation Center)**

Nov. 10, 11 a.m.-2 p.m. and 4-7 p.m.

Booths featuring health topics, food samples and blood pressure checks

### **The Skinny on Fad Diets**

Dec. 8, 12:05-1 p.m.

Nancy Kennedy, RD

#### **SUMMARY**

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Created by CareTech Administrator (webservices@caretechsolutions.com) on Friday, September 17, 2004

Modified by CareTech Administrator (webservices@caretechsolutions.com) on Friday, September 17, 2004

Article Start Date: Friday, September 17, 2004

