



Monday, February 3, 2003

Wellness Wednesdays offer health strategies

By **Jeff Samoray**, OU Web Writer

Oakland University students, faculty and staff can learn how to incorporate alternative medicine into their lives by attending Wellness Wednesday events, sponsored by the **Department of Campus Recreation**. The free sessions are presented by local health care practitioners and run from 12:05 to 12:55 p.m. in the Recreation and Athletics Center Pioneer Room, located next to Pic-A-Deli.

"We want to give presentations on topics that deal with alternative wellness measures," said Mila Padgett, assistant director of programs for Campus Recreation. "Response on the series since it began last year has been very good.

"The topics are for all populations, though they hit home mostly with people in OU's staff age group. And we offer the sessions during the lunch hour, which makes it convenient for everyone to attend."

Upcoming Wellness Wednesday sessions include:

- **February 5 – Herbs, Supplements and Your Health.** Dr. Bob Jarski will discuss how herbs and supplements can be a great holistic approach to your general health. He also will explain their effects on the body and how attendees can find proper remedies. A basket of goodies will be raffled off.
- **March 5 – Healthy Brown Bag Lunches.** Dietician Antonella McGreevy will compare a typical lunch that is bought at a restaurant to a healthy brown bag lunch. Attendees will learn about good food choices and healthy items to grab from Pic-A-Deli. A \$5 Pic-A-Deli gift certificate will be raffled off.
- **March 19 – Nutrition and Colon Cancer.** Nancy Kennedy, R.D., will speak on lifestyle changes that can reduce the risk of this deadly disease, which is the second leading cause of cancer deaths for both men and women. An OU mug will be raffled off.
- **April 2 – Aromatherapy for Your Health, Spirit and Mind.** Dr. Yu Fang, M.D., will explain how different aromas affect the mind and body and will teach attendees how to soothe your mind with aromatherapy. An aromatherapy session will be raffled off.
- **April 16 – Taking Care of Your Bones.** Nancy Kennedy, R.D., will speak on osteoporosis – a major cause of disability for older Americans. Attendees will learn about the risk factors and what can be done to reduce the risk of this disease. An OU mug will be raffled off.

For more information about the Wellness Wednesday series or to suggest a future topic, contact Mila Padgett at (248) 370-4910 or padgett@oakland.edu.

SUMMARY

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