



Friday, September 17, 2004

First-ever Wellness Week set for Sept. 20-24

By **Dawn Pauli**, contributing writer

Oakland University's first-ever Wellness Week is filled with information to help students, faculty and staff improve their health habits and learn more about wellness.

Michigan's first Surgeon General Kimberlydawn Wisdom is kicking off the week and the "That Walking Program" on Monday, Sept. 20.

"In her position as Michigan's Surgeon General, she will lead Michigan's public health promotion and disease prevention efforts," said Aldona Sonta, manager of training and development. "As a board-certified emergency medicine physician, she has seen firsthand the effects of poor health habits and has been a tremendous advocate of numerous health initiatives in the City of Detroit."

This is the first time the Wellness Committee is partnering with the Center for Student Activities to present wellness programs, which also includes a discussion by popular radio personality "The Love Doctor" Terri Orbuch, professor of sociology.

"Wellness encompasses many dimensions and we are encouraging our entire audience to be aware that wellness does not only refer to physical fitness and nutrition," Sonta said. "Emotional, social, occupational, intellectual and spiritual well-being is as important as fitness and nutrition and the goal of wellness is for the individual to strive for life balance by nurturing each dimension."

Wellness Week Activities

Monday, Sept. 20

Noon

Recreation Center

That Walking Program begins and Kimberlydawn Wisdom, Michigan's Surgeon's General, will help kick off the program. In case of rain, meet at the Pioneer Room.

Tuesday, Sept. 21

Noon-1 p.m.

Oakland Center Fireside Lounge

SPB Presents: Healthy Relationships featuring **Terri Orbuch**, professor of sociology, a.k.a. "The Love Doctor" on Magic 105.1 FM.

Wednesday, Sept. 22

12:05-12:55 p.m.

Recreation Center Pioneer Room

Wellness Wednesday: Hypnotherapy for Habits – Healthy or Not presented by Robert Jarski, certified hypnotherapist, IMDHA; director of Complementary Medicine and Wellness Program, School of Health Sciences. Faculty and staff, please register by going to the Faculty and Staff Training site.

7-9 p.m.

Oakland Center Gold Rooms

All are invited for free salsa dancing lessons.

Thursday, Sept. 23

Noon-12:30 p.m.

Kresge Library Student Lounge

Presentation: The History of Chocolate

12:30–3 p.m.

Film “Like Water for Chocolate” will be shown following the presentation.

Friday, Sept. 24

Noon–1 p.m.

Oakland Center Fireside Lounge

OU I Love My Heart Day – Learn how to maintain a healthy heart and more about the Heart Walk on OU's campus Oct. 2.

SUMMARY

Oakland University's first-ever Wellness Week is filled with information to help students, faculty and staff improve their health habits and learn more about wellness. This is the first time the Wellness Committee is partnering with the Center for Student Activities to present wellness programs, which includes Michigan's first Surgeon General Kimberlydawn Wisdom, a kick-off to the That Walking Program, a discussion by popular radio personality “The Love Doctor” Terri Orbuch, professor of sociology.

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