

**Become an Active Member of the
Wellness Challenge Program**

Spring 2010

February

Healthy Hearty Welcome

Meet the staff of the Health Services Office during your lunch break.
Stop and see what services we offer and how we can help you! Sign up for the Wellness Challenge Program-get a taste of feeling good !!

Monday, February 8, 2010

12-2pm

Student Campus Center Foyer

Wellness Orientation Meeting

Improve the quality of your everyday life by engaging in a simple and active program. We invite you to learn to expand your life span and enjoy the luxuries of everyday living.

Thursday, February 11, 2010

12:30-1:30pm

**Health Services Office
Angela Hall**

Wellness Walk

We walk the talk of wellness. Health Services Staff will lead an energizing walk around the perimeter of the campus. Get lifted with stress relief while becoming fit and rejuvenate yourself!

Wednesday, February 3, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, February 10, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, February 17, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, February 24, 2010

12:30 - 1:30pm

Outside Angela Hall

Go Red for Women Myths in Hypertension

Fact or Fiction-Dispel the myth of hypertension! Learn how to care for the one you love the most and who you need to love the most. The steps are simple-learn the facts about heart disease, prevention and lifestyle changes. Put the myths to rest!

Wednesday, February 10, 2010

12:30-1:30pm

Student Campus Center Room B

Confidential HIV and Sexually Transmitted Infection (STI) Education & Screening

Free confidential HIV education and testing will be conducted by New York State Certified HIV Counselors. Comprehensive educational information will complement the screening procedure.
On-site results in 20 minutes.

Thursday, February 25, 2010

11-3pm

Health Services Office

Thursday, April 8, 2010

11-3pm

Health Services Office

Cardiopulmonary Resuscitation courses are offered throughout the school year. The schedule and registration forms can be obtained online at <http://www.cnr.edu/documents/spring-cpr-reg.pdf>

March

An Evening at the Spa

Let's take a mental vacation together. Choose to receive healing modalities such as reflexology, massage, aromatherapy and therapeutic touch. Professional holistic nurses who practice in these arts will help you achieve a nearly ideal state of relaxation and well being.

Wednesday, March 3, 2010

4 - 7pm

Health Services Office

Wellness Walk

We walk the talk of wellness. Health Services Staff will lead an energizing walk around the perimeter of the campus. Get lifted with stress relief while becoming fit and rejuvenate yourself!

Wednesday, March 3, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, March 17, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, March 24, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, March 31, 2010

12:30 - 1:30pm

Outside Angela Hall

April

Graduation Expo

Update your CPR certification. Speak with a health insurance representative about your post graduation choices. Visit our Staying Healthy after Graduation Exhibit!

Thursday, April 15, 2010

12-3pm

**Student Campus Center
Rooms A, B & C**

Blood Drive

Sound Shore Medical Center's Blood Donor Bank will be on campus once again! Let's continue to make a difference in someone's life and donate blood!

Thursday, April 15, 2010

9am-3pm

Iselin Room

Wellness Walk

We walk the talk of wellness. Health Services Staff will lead an energizing walk around the perimeter of the campus. Get lifted with stress relief while becoming fit and rejuvenate yourself!

Wednesday, April 7, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, April 14, 2010

12:30 - 1:30pm

Outside Angela Hall

Wednesday, April 21, 2010

12:30 - 1:30pm

Outside Angela Hall

Blood Pressure Screening

High blood pressure is a common condition, affecting 29% of the adult population in the US. It is a major risk factor for heart attack, stroke & kidney disease. Being aware of your blood pressure reading is an important indicator for prevention. It only takes a few minutes to check but it's worth extending your life!

Wednesday, March 3, 2010

12 - 1pm

Health Services Office

Wednesday, April 21, 2010

12 - 1pm

Health Services Office

Thursday, May 6, 2010

12 - 1pm

Health Services Office