

# Wellness Week Schedule 2014

Join Us!

March 31st - April 5



Millersville University

SEIZE THE OPPORTUNITY

STUDENT AFFAIRS

ELSE S. SHENK

Center for

Health Education

@Promotion

Each event you attend earns you 1 Wellness Buck

Millersville University is an Equal Opportunity/Affirmative Action institution. A member of the Pennsylvania State System of Higher Education.

## MON MARCH 31st

**Fitness Center Triathlon** -----6am-12am

Fitness Center

Sponsored by the Fitness Center

**Fitness Center Nutrition Table**-----6am-12am

Fitness Center

Sponsored by the Fitness Center

**Resume Dr.** ----- 11am-1pm

SMC Juice Bar Lobby

Sponsored by Experiential Learning and Career Management

**Dirty Little Secrets** -----12-2pm

Outside the University Store Lobby

Sponsored by the Center for Health Education and Promotion

Mental Health Peer Educators

**KPETS Therapy Dogs** ----- 12-6pm

SMC Atrium

Sponsored by the Center for Counseling

and Human Development

**YWCA Lancaster Sexual Violence Education/Info Table** 5-7pm

SMC

Sponsored by the YWCA Lancaster

**BAM: Body and Mind**----- 8-9pm

SMC 24

This program will help students increase their knowledge on good mental health and how to identify and address common mental health concerns.

Sponsored by the Center for Health Education and

Promotion Mental Health Peer Educators

## TUE April 1st

**Fitness Center Triathlon** ----- See Monday for details

**Nutrition Table** ----- See Monday for details

**Getting Financially Fit: Financial Wellness**

**for the College Student**----- 11am-12:15pm

SMC 18 presented by: Dr. Jeffrey Wimer, Wellness & Sport Science Department

Getting financially fit is no different than getting healthy and physically fit. In fact, being financially stable is an integral part of personal wellness. Managing your money properly will reduce stress, and help you devote more free time to staying active and doing the things that contribute to living a long and healthy life. The relationship between health and finances is undeniable. People with higher financial stress are more prone to serious health issues. This presentation will introduce strategies for developing optimal Financial Wellness in the same way Physical

Wellness is focused on keeping yourself in top condition by sticking with a program.

Sponsored by the Wellness and Sports Sciences Department

**Ropes Course Open Climb** ----- 4-6pm

Ropes Course behind Pucillo

Sponsored by Campus Recreation

**Iron Chef**----- 7pm

Lehr Dining Room, Gordinier

Sponsored by the Center for Health Education and Promotion Nutrition, Physical Activity and Body Image Peer Educators in collaboration with Dining Services and the SMC Fitness Center and Campus Recreation.

## WED April 2nd

**Fitness Center Triathlon** ----- See Monday for details

**Fitness Center Nutrition Table**----- See Monday for details

**Wellness Wednesday** ----- 11am-1pm

Denim Day: help support ending sexual assault victim blaming

by making a denim square to wear on Denim Day (4/23/14)

SMC Bookstore

Sponsored by the Center for Health Education and Promotion

Sexual Violence Peer Educators

**Ropes Course Open Climb** -----See Tuesday for Details

**Mindfulness Stress Reduction Group** ----- 5-6pm

Lyle Parlor Room

Learn how to manage your stress at the Mindfulness Group.

**For additional information call 717-872-3122 and ask to**

**speak with Lisa House or Dan O'Neill.**

**Sponsored by the Center for Counseling and Human**

**Development.**

## THU April 3rd

**All Week Triathlon**----- See Monday for details

**Nutrition Table** ----- See Monday for details

**Susquehanna Valley Pregnancy**

**Services Education Table** ----- 11am-12pm & 5pm-7pm

SMC

Learn the benefits of marriage vs. living together, what's love got to do with it and does sex really affect me.

Sponsored by Susquehanna Valley Pregnancy Services

**The Condom Challenge**----- 2:30-3:30pm

SMC Juice Bar Lobby

Learn how to properly put on a condom and receive FREE condoms!

Sponsored by the Center for Health Education and Promotion

Sexual Responsibility and Healthy Relationships Peer Educators.

**Throwback Thursday**----- 3-4pm

SMC Promenade

Join Campus Recreation in pick-up style games such as Baggo, Dartball, and Jump Rope contests. There will be lots of prizes and giveaways for participants!

Sponsored by Campus Recreation.

**Ropes Course Open Climb** -----See Tuesday for Details

**Marauder Challenge** ----- 7pm

Pucillo

Come watch teams of student-athletes and non student-athletes compete against one another in practical challenges.

Sponsored by the Student-Athletic Advisory Committee.

## FRI April 4th

**All Week Triathlon**-----See Monday for Details

**Nutrition Table** -----See Monday for Details

**Chasing that 1st High** ----- 12pm

SMC Atrium

An interactive program on substance abuse and addiction.

Students learn skills on how to recognize if someone has an issue with drugs and where to find help on campus.

Sponsored by the Center for Health Education and Promotion

Alcohol and Other Drugs Peer Educators.

**Relay for Life**----- 6pm-12am

SMC- Marauder Courts

A 12 hour fundraising event where teams fundraise for cancer research. One member from the team is constantly walking to illustrate the idea that "cancer never sleeps, so for tonight neither will we."

Sponsored by Relay for Life and Colleges Against Cancer.

## SAT April 5th

**All Week Triathlon**----- See Monday for Details

**Nutrition Table**----- See Monday for Details

### QUESTIONS?

Contact the Center for Health Education and Promotion:

717-872-3841 or chep@millersville.edu.

Check our website often for any updates or changes:

www.millersville.edu/chep.

All activities are free and open to students, faculty and staff. Individuals need to be a member of the Fitness Center in order to participate in activities held there.

**Relay for Life**----- 12am-6am

SMC- Marauder Courts -----See Friday for Details

Redeem your Wellness Bucks at the Montour House April 7-11 between 8:30am-4pm for your chance to win one the following prizes (each Wellness Buck you earn provides you with a chance to win):

• 1, \$25 iTunes gift card

• 1, \$25 Subway gift card

• 1, \$25 Visa gift card

• 1, \$25 Amazon gift card

Winners will be drawn and notified on Friday, April 11 at 4pm.