

Wellness Center Schedule of Events  
February - March 2009

February

6 Healthy Lifestyle Topic: "Healthy Hearts: It's Time to Stop Heart Disease"

Learn about a **healthy heart** diet and exercise routine, as well as important nutrients to maintain cardiovascular and overall wellness. Have your blood pressure and weight checked at the Wellness Center table outside the café. The 2009 "Go Red" t-shirts are a \$5 (S,M,L) and a \$7 (XL-3X) donation that benefits the American Heart Association. Wear red to show your support for National Go Red for Women Day. Sign up for your t-shirts at the nurse's office or at the Wellness Center.

18 Teen Dating Violence Awareness & Prevention Month

Teenagers often experience violence in dating relationships. Statistics show that one in three teenagers has experienced violence in a dating relationship. In dating violence, one partner tries to maintain power and control over the other through abuse. Dating violence crosses all racial, economic and social lines. Most victims are young women, who are also at greater risk for serious injury. Young women need a dating safety plan. Is texting, "My Space" or "Face Book" affecting your relationships with peers, friends or loved ones? Learn ways to avoid the hazards of communicating through technology at our Wellness Center table outside the café.

March

5<sup>th</sup> My Food Guide Pyramid

Start out *National Nutrition Month* with the "Food Guide Pyramid". A health body is all about the balance of food and physical activity. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to get your own copy to help you meet your health goals or stop by our table outside the café to receive your copy.

9<sup>th</sup> "Good Luck on DSTP"

Stop by the Wellness Center table during lunch and pick up tips to help with successful DSTP testing results. Get pencils, sharpeners, computers and good handouts!

11<sup>th</sup> Begin your testing day out right by getting that brain energized with a mini breakfast in the main lobby the morning of DSTP testing.

17<sup>th</sup> Better Fast Food Choices

Fast food restaurants are all around us. They are quick and easy, but can also be very unhealthy providing meals that are loaded with calories, fat and sodium. Stop by the Wellness Center table outside the café today to get some information about how to eat healthy on the go!

26<sup>th</sup> "Bone up on Calcium"

Smart food choices and regular physical activity help your body build and maintain strong bones throughout life. Food choices for strong bones include good sources of calcium as part of a well-balanced eating plan. Stop by the Wellness Center table outside the cafe on today for more information about good sources of calcium!