

Central State University

2016 Wellness Events

Brought to you by the CSU Wellness Committee

Month	Health Observance	Programs/Promotions
January	Glaucoma Awareness	Healthy Directions Program Kick-Off
February	American Heart Month	Resilience/Mindfulness Presentation
March	Nutrition Month	Emotional Eating Presentation
April	Stress Awareness	The Pursuit of Happiness Presentation Keep Calm Stress Reduction Challenge April 4 – May 15 Healthy Directions Early Bird Incentive – Submit by July 1 for chance to win a gift card!
May	Employee Health & Fitness	Know Your Numbers Presentation & Healthy Directions Program Reminders Keep Calm Stress Reduction Challenge April 4 – May 15
June	Safety Month	Healthy Directions Early Bird Incentive – Submit by July 1 for chance to win a gift card!
July	UV Safety	Healthy Back/Safety Presentation
August	Immunization Awareness	Building a Healthy Lunch Presentation
September	Fruits and Veggies – More Matters	Wellness Fair
October	Breast Cancer Awareness	2016 Healthy Directions Program – packets due 10/21/16 – NO EXCEPTIONS
November	Lung Cancer Awareness Great American Smokeout	Healthy Holidays & Stress Reduction Presentation
December	Handwashing Awareness	TBD

Offered Ongoing

Onsite Yoga: Wednesdays, 12p-1p, Stokes Center Ransier Room
 Cardio Toning Class: Fridays, 12:30p-1:30p, Stokes Center, Ransier Room
 Real Appeal Program
 Blood Pressure Checks
 Wellness Room
 Healthy Directions Program – Submit by 10/21/16 – No Exceptions