

Monday, October 19, 2009

Time	Event Description	Location
*9:00am – 3:00pm	Blood Drive (Ochsner Bloodmobile) Sponsor: <i>Resident Assistants</i>	Dixon St. Pkg. Lot
*9:00am – 9:50am	Step Aerobics Class	Gym
*10:00am – 10:50am	Techniques Class (Play, lead-up, relays, board games, etc)	Gym
*11:00am – 11:50am	Basic Aerobics Class	Gym
11:30am – 1:00pm	WELLNESS OPENING CEREMONY	UC Terrace
11:45am	Liturgical Dancers and Choir	(rain location: Chapel)
12:00noon	Spiritual Wellness Mass	
12:30pm	City of New Orleans Proclamation	
*12:00noon – 12:50pm	Step Aerobics	Gym
*12:00noon – 1:00pm	Body Fat Analysis (Physical Education Dept.)	Gym – Room 3A
*12:00noon – 1:00pm	Blood Pressure Screening (Pharmacy Students Association)	Pharmacy Lobby UC Lobby 1 st floor
HEALTH EXHIBITS		
11:00am – 1:00pm	Lupus Displays (Wellness Peer Counselors)	UC Lobby 1 st floor
2:00pm – 3:30pm	“Inch by Inch” (Weight Management - Health Services)	UC Lobby 1 st floor
*6:30pm – 8:00pm	Personal Safety Forum (Resident Assistants)	LLC Residence Hall
7:00pm – 8:00pm	Male Rosary Group (Campus Ministry)	Chapel
*8:00pm – 9:00pm	Stress Buster Volleyball & Basketball: Students VS Faculty/Staff Sponsors: <i>Campus Recreational Sports and Freshman Class</i>	Gym

Tuesday, October 20, 2009

Time	Event Description	Location
*9:00am – 10:00am	Body Fat Analysis (Physical Education Dept.)	Gym - Room 3A
*9:00am – 11:00am	Hearing Test (Speech Pathology Dept.)	XS Room 505
*10:50am – 11:40am	Basic Aerobics Class	Gym
*11:00am – 1:00pm	Blood Glucose/Blood Pressure Screenings (Student Health)	XS Fitness Ctr.
11:30am – 12:00noon	How to Recite the Rosary (Campus Ministry)	Chapel
12:00noon – 12:30pm	Spiritual Wellness Mass	Chapel
*12:00noon – 1:00pm	Blood Pressure Screening (Pharmacy Student Association)	Pharmacy Lobby & UC Lobby 1 st Floor
*12:00noon – 1:00pm	Rock Wall Climbing (U.S. Army) Sponsor: <i>Campus Recreational Sports</i>	UC Area
*12:00noon – 3:00pm	HIV Testing (NOAIDS Taskforce)	Van: Dixon St.
HEALTH EXHIBITS		
11:00am – 1:00pm	Whole Grains and Fruits (Wellness Peer Counselors)	UC Lobby 1 st floor
11:00am – 1:00pm	Breast Health Sponsor: <i>Epsilon Tau Chapter, Alpha Kappa Alpha Sorority, Inc</i>	UC Lobby 1 st floor
12:00noon – 2:00pm	Avoid STDs -Try ABSTINENCE Display (Campus Ministry)	UC Lobby 1 st floor
*3:00pm – 5:00pm	CPR Update (Physical Education Dept.)	Gym
*7:00pm – 8:00pm	Line Dancing (Campus Recreational Sports)	XS Fitness Ctr.
*7:00pm – 9:00pm	“Breathe, Stretch, Shake, and Let It Go” Sponsor: <i>Resident Assistants</i>	St. Martin dePorres Hall Conf. Room
*7:00pm – 9:30pm	“Health Care Reform” Forum (Health Care for America Now–HCAN)	UC Ballroom A

Wednesday, October 21, 2009-Health Blitz

Time	Event Description	Location
*9:00am – 9:50am	Step Aerobics Class	Gym
*10:00am – 2:00pm	Techniques Class (Play, lead-up, relay, board games, etc)	Gym
*10:00am – 2:00pm	“Stand Tall – Speak Out For Bones” Screening (Pharmacy Women’s Health Program)	UC Ballroom
*10:00am – 2:00pm	Mosquitoes and Termites Exhibit (New Orleans Mosquito and Termite Control Board)	UC Ballroom
*10:00am – 2:00pm	Blood Glucose/Cholesterol Screenings (Touro)	UC Ballroom
*10:00am – 2:00pm	Vision Screening (Eyeworks of Metairie)	UC Ballroom
*10:00am – 2:00pm	Dental Screening (Elmwood Dental)	UC Ballroom
*10:00am – 2:00pm	Chiropractic Screening (Lakeside Chiropractic)	UC Ballroom
10:00am – 2:00pm	H1N1 Resource Information (Center for Minority Health & Health Disparities Research & Education)	UC Ballroom
*10:00am – 2:00pm	Bone Marrow Donation (African Americans Uniting for Life) Sponsor: <i>NAACP</i>	UC Ballroom
* 10:00am – 2:00pm	Veterans Outreach Info (Veterans Resources)	Dixon St. Pkg. Lot
*10:00am – 2:00pm	Depression Screening (Ochsner Behavior Health Unit)	UC Ballroom
10:00am – 2:00pm	Humana Display (Humana Insurance)	UC Ballroom
10:00am – 2:00pm	Physical Therapy (Orthopedic Physical Therapy of New Orleans)	UC Ballroom
10:00am – 2:00pm	Resources for Women (Workspace)	UC Ballroom
10:00am – 2:00pm	Nerve System Screening (Discovery Wellness and Rehab)	UC Ballroom
10:00am – 2:00pm	LOPA Display (Louisiana Organ Procurement)	UC Ballroom
10:00am – 2:00pm	Healthy Aging (Council on Aging)	UC Ballroom
*10:00am – 2:00pm	Breast Health – Washington Breast Cancer Foundation (XU Beta Beta Beta Biological Honor Society)	UC Ballroom
10:00am – 2:00pm	Mental Health (Metropolitan Behavioral Health)	UC Ballroom
10:00am – 2:00pm	Domestic Violence Awareness (Crescent House Healing & Empowerment Center)	UC Ballroom
10:00am – 2:00pm	CADA (Council on Alcohol and Drug Abuse)	UC Ballroom
10:00am – 2:00pm	Community Resources by VIA Link (United Way Agency)	UC Ballroom
10:00am – 2:00pm	HBCU Mental Health Posters (Counseling and Wellness)	UC 3 rd Floor Lobby
*11:00am – 11:50am	Basic Aerobics Class	Gym
11:00am – 1:00pm	Nutrition Advisory Council (Residence Hall Council and Resident Assistants)	UC Ballroom
*11:00am – 2:00pm	HIV Testing (Brotherhood)	UC Room 205 & 205C
*12:00noon – 12:50pm	Step Aerobics Class	Gym
*12:00noon – 1:00pm	Body Fat Analysis (Physical Education Dept)	Gym Room 3A
12:00noon – 12:30pm	Spiritual Wellness Mass	Chapel
*12:00noon – 1:00pm	Blood Pressure Screening (Pharmacy Student Association)	Pharmacy Lobby & UC Ballroom

HEALTH EXHIBITS

2:00pm – 3:00pm	Fat & Sugar Display (Student Health Services)	UC Lobby 1 st Floor
*5:00pm – 6:00pm	Haiku as Stress Relief (Dr. David Lanoue)	UC Room 205
7:00pm – 8:00pm	Bible Study: Miracles (Campus Ministry)	UC Room 201
*7:00pm – 9:00pm	Psychodrama: “Real Talk Relationships” Sponsors: <i>Psychology Club, Phi Beta Sigma Fraternity, Inc., Psi Chi Honor Society</i>	NCF Auditorium

Thursday, October 22, 2009

Time	Event Description	Location
*9:00am – 11:00am	Hearing Test (Speech Pathology)	XS - Room 505
*10:00am – 1:00pm	Blood Glucose/Blood Pressure Screenings (Student Health)	XS Fitness Ctr.
*10:50am – 11:40am	Basic Aerobics Class	Gym
12:00noon – 12:30am	Spiritual Wellness Mass	Chapel
*12:00noon – 1:00pm	Body Fat Analysis (Physical Education Dept.)	Gym Room 3A
*12:00noon – 1:00pm	“Things You Should Know”: STD, HPV, HIV, H1N1 (Brenda Medley , RN, NP-CSHS)	UC Room 205C
*12:00noon – 1:00pm	Blood Pressure Screening (Pharmacy Students Association)	Pharmacy Lobby & UC Lobby 1st Floor
HEALTH EXHIBITS		
11:00am – 1:00pm	Breast Health Sponsor: <i>Epsilon Tau Chapter, Alpha Kappa Alpha Sorority, Inc.</i>	UC Lobby-1 st floor
12:00noon – 1:00pm	Alcohol and Drugs: “How Much is Too Much?” (Wellness Peer Counselors)	UC Lobby-1 st floor
*1:00pm – 3:00pm	“Test Your Stress : Stress Management Techniques” (Counseling Staff & Wellness Peer Counselors)	Counseling Center
*5:00pm – 6:00pm	Line Dancing (Campus Recreational Sports)	XS Fitness Ctr.
*6:00pm – 7:00pm	Breast Cancer Forum Sponsor: <i>Gamma Alpha Chapter, Delta Sigma Theta Sorority, Inc. & Kappa Epsilon Fraternity</i>	UC Ballroom B
*7:00pm – 9:00pm	Woman to Woman Health Issues for Women Dr. Jennifer Lapeyrolerie Sponsors: <i>Junior Class and Student Health Services</i>	UC Ballroom A
*7:00pm – 9:00pm	Man to Man Health Issues for Men Dr. Joseph Labat (SHS) Sponsor: <i>Junior Class, Student Health Services & St. Michael's Hall</i>	St. Michael's Hall

Friday, October 23, 2009

Time	Event Description	Location
11:00am – 4:00pm	HBCU Mental Health Posters (Counseling and Wellness Center)	UC 1 st Floor Lobby
*12:00noon – 1:00pm	Blood Pressure Screening (Pharmacy Students Association)	Pharmacy Lobby & UC Lobby 1st Floor
12:00noon - 12:30pm	Spiritual Wellness Mass	Chapel
*2:00pm – 4:30pm	De-Stress Activities (<i>Campus Recreational Sports, Senior Class, Chemistry Club, Zeta Phi Beta, Alpha Phi Alpha and Kappa Alpha Psi</i>)	UC Area
*4:00pm – 5:30pm	Closing Ceremony	UC Terrace
4:30pm	Warm-Up	UC Area
5:00pm	“Walk-A-Mile” with President Francis (SGA/XAB, Physical Education , Athletic , Campus Recreational Sports, Wellness Network, Sophomore Class)	UC Area
	Prizes/Refreshments/Prizes	
5:00pm	Spiritual Retreat – Registration Required (Campus Ministry)	Admin Bldg
6:00pm - Until	Honda Campus All-Star Challenge	UC 2 nd Floor
6:00pm – 12:00am	Dance-A-Thon (XAB Commuter Student and XAB)	UC Ballroom

***Attendance at six or more different Wellness Week activities with asterisk will make you eligible to win valuable prizes. Turn in Passport at Counseling Center, Bldg. 15. (Between the St. Joseph & St. Katharine Drexel Halls)**