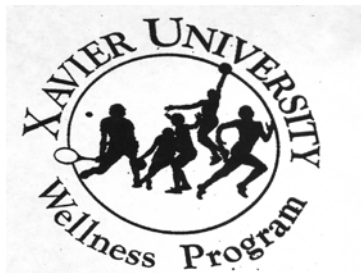


*Make Wellness Your Prime Time
Honoring*

Sr. Maureen Hurley, SBS



22th ANNIVERSARY

Wellness Awareness Week

October 17 – 21, 2011

(504) 520-7315

WELLNESS PLANNING COMMITTEE

Monday, October 17, 2011

Time	Event Description	Location
*9:00am – 9:50am	Step Aerobics Class (Physical Education Dept.)	Gym
9:00am – 3:00pm	Flu Clinic (CVS) (Insurance or individual payment)	UC Lobby 1 st Floor
*11:00am–11:50am	Basic Aerobics Class (Physical Education Dept.)	Gym
*10:00am – 2:00pm	HIV Testing (Priority Health Care/Greater N.O. Chapter of National Coalition of 100 Black Women)	KD Hall
11:30am – 1:00pm	WELLNESS OPENING CEREMONY	
noon	Spiritual Wellness Mass	Chapel
12:30pm	Honoring Sr. Maureen Hurley, SBS City of N. O. Proclamation	
*noon –12:50pm	Step Aerobics (Physical Education Dept.)	Gym
*noon –1:00pm	Blood Pressure Screening (Pharmacy Students Association)	Pharmacy Lobby
HEALTH EXHIBITS		
11:00am – 1:00pm	Psychology Kick Off (Psychology Club)	UC Yard
11:00am – 1:00pm	Sickle Cell Anemia Displays (Wellness Peer Counselors)	UC Lobby 1 st floor
* 1:00pm – 3:00pm	Video Series : “Nutrition and Eating Disorders” (Library) 30 min	UC Lobby 1 st floor
*5:30pm – 7:30pm	Stress Buster Kickball: Students VS Faculty/Staff Sponsors: Campus Recreational Sports and Freshman Class, XAB	Telemachus Lot
*9:00pm –10:00pm	Battle of Residence Halls: Volleyball & Basketball (Campus Recreational Sports and Residential Halls)	Gym

Tuesday, October 18, 2011

Time	Event Description	Location
*7:00am – 10:30am	Body Mass Index/Body Fat Analysis (Physical Education Dept.)	Gym Room 10
*7:00am – 10:30am	Golf Putting Contest (with 1 st thru 3 rd place prizes - Physical Education Dept.)	Gym Room 10
* 8:00am - 9:00am	Basic Aerobics Class (Physical Education Dept.)	Gym
*10:00am –11:00am	CPR Certification Update (Physical Education Dept.) There is a \$19 American Red Cross Admin. fee for re-certification)	Gym Room 9
*10:00am – 2:00pm	Chiropractic Screening (Lakeside Chiropractic)	UC Lobby 1 st Floor
*10:00am – 2:00pm	Body by Vi 90 Day Challenge (Visalus Sciences)	UC Lobby 1 st Floor
*11:00am – 1:00pm	Zumba Dance Recruitment (Andrea Hodge)	UC Lobby 1 st Floor
*11:00am – 1:00pm	Blood Pressure/Glucose Screenings (Student Health)	XS Fitness Ctr.
*noon–12:30pm	Spiritual Wellness Mass	Chapel
noon –1:00pm	Take Charge of Asthma (Brenda Medley, RN, NP-CSHS, Student Health)	UC Room 205C
HEALTH EXHIBITS		
11:00am – 1:00pm	Whole Grains and Fruits (Wellness Peer Counselors)	UC Lobby 1 st floor
noon–2:00pm	How Knowledgeable Are You? Abstinence, STD’S and HIV/AIDS Trivia Game (C.A.N. and Campus Ministry)	UC Lobby 1 st floor
*11:00am –1:00pm	Video Series: More Fries with That (Library) 27 minutes	UC Lobby 1 st floor
*4:00pm – 5:00pm	Wii Games (Campus Recreational Sports)	XS Fitness Ctr.
*5:30pm – 6:30pm	Healthy Relationship Forum (Psychology Club)	UC Ballroom B
7:00pm - 8:00pm	Maintaining One’s Health is a Serious Religious Responsibility RCIA – Religious Education Class (Campus Ministry)	Admin Bldg, Room 102
*7:00pm – 9:00pm	Forum: Stress on Stress on Stress (SGA and Student Academic Success Office)	UC Room 205

Wednesday, October 19, 2011-Health Blitz

Time	Event Description	Location
*9:00am – 9:50am	Step Aerobics Class (Physical Education Dept.)	Gym
*8:00am –11:30am	Golf Putting Contest (with 1 st thru 3 rd place prizes - Physical Education Dept.)	Gym Room 10
*9:00am – 11:30am	Hearing Test (Speech Pathology Dept.)	UC Room 315
*9:00am – 11:30am	Body Mass Index/Body Fat Analysis (Physical Education Dept.)	Gym – Room 10
*10:00am – 2:00pm	Stand Tall – Speak Out For Bones Screening (Pharmacy Women’s Health Program)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Blood Glucose/Cholesterol Screenings (Touro)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Blood Pressure/Glucose Screening (Student Health)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Vision Screening (Dr. Jobie F. Gear ‘s Office)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Dental Screening (Elmwood)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Chiropractic Screening (Lakeside Chiropractic)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Asthma and Lung Disease (Center for Minority Health & Health Disparities Research & Education)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Healthy Start (Healthy Start New Orleans)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Diabetes and You (Xavier Pharmacy Wellness Center)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Detoxification Spa (Planet Beach)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Diabetes Education Program (College of Pharmacy)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Fancy Lite Smoothie Samples (Sodexo Food Services)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Alcohol and Drug Abuse (CADA)	UC 2 nd Floor Lobby
10:00am – 2:00pm	LOPA Display (Louisiana Organ Procurement)	UC 2 nd Floor Lobby
*10-00am - 2:00pm	Blood Mobile (United Blood Services)	Corner, Dixon & Broadway
10:00am – 2:00pm	Healthy Aging (Council on Aging)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Ava Anderson Non-toxic Make-up and Skin Care (Mary Jo Blair)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Mona Vie 100% Natural Health Drinks (Mary Jo Blair)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Breast Health – (Washington Breast Cancer Foundation)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Behavioral Emotional Services Training (BEST)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Mental Health (JPHSA)	UC 2 nd Floor Lobby
10:00am – 2:00pm	Domestic Violence Awareness (Crescent House Healing & Empowerment Center)	UC 2 nd Floor Lobby
11:00am – 1:00pm	Nutrition Advisory Council (Residence Hall Council and Resident Assistants)	UC 2 nd Floor Lobby
*10:00am – 3:00pm	HIV Testing (Brotherhood)	St. Michael’s Hall
*noon – 12:50pm	Step Aerobics Class (Physical Education Dept.)	Gym
noon –12:30pm	Spiritual Wellness Mass	Chapel
*noon – 1:00pm	Blood Pressure Screening (Pharmacy Student Association)	Pharmacy Lobby
*5:30pm – 6:30pm	Psycho-drama: It Could Happen to You (Psychology Club)	NCF Room 105
*7:00pm – 9:00pm	Forum: Chained in the Fast Food Lane (Alpha Lambda Delta)	NCF Room 105
7:00pm – 8:00pm	Bible Study (Campus Ministry)	Admin Bldg., Room 021

Thursday, October 20, 2011

Time	Event Description	Location
*7:00am–10:30am	Body Mass Index/Body Fat Analysis (Physical Education Dept.)	Gym Room 10
*7:00am–10:30am	Golf Putting Contest (with 1 st thru 3 rd place prizes - Physical Education Dept.)	Gym Room 10
*8:00am – 8:50am	Basic Aerobics Class (Physical Education Dept.)	Gym
*9:00am– 11:30am	Hearing Test (Speech Pathology Dept.)	UC Room 315
*10:00am – 1:00pm	Blood Pressure/Glucose Screenings (Student Health)	XS Fitness Ctr.
*10:00am–noon	Medication Adhering Counseling (Pharm. Drug Information Ctr.)	XS Fitness Ctr.
*10:00am – 2:00pm	Chiropractic Screening (Lakeside Chiropractic)	UC 2 nd Floor Lobby
*10:00am – 2:00pm	Body by Vi 90 Day Challenge (Visalus Sciences)	UC Lobby 1 st Floor
noon–12:30am	Spiritual Wellness Mass	Chapel
*noon – 1:00pm	STD: Are You at Risk? (Brenda Medley, RN, NP-CSHS, & Psych. Club)	UC Room 205C

HEALTH EXHIBITS

*10:00am – 2:00pm	Bone Marrow (The Match)	UC Lobby 1 st Floor
*11:00am – 1:00pm	Video Series : “Handling Stress” (Library) 30 Minutes	UC Lobby 1st floor
*11:00am – 1:00pm	Counseling on the Yard (Counseling & Wellness Center)	UC Yard
*11:00pm – 1:00pm	Xavier Red Cross Club (M.A.X.)	UC Yard
*4:00pm – 5:00pm	Double Dutch Competition (XAB)	UC Yard
*5:00pm – 6:00pm	Zumba Dancing (Recreational Sports)	XS Fitness Ctr.
*6:00pm – 7:00pm	Psychology Career Fair (Psychology Club)	UC Ballroom B
*7:00pm – 9:00pm	Battle of the Sexes Special Guests: Dr. Jennifer Lapeyrolerie & Dr. Randi G. Whitfield – The Hip Hop Doc Sponsors: Junior Class, Student Health Services , Mister and Miss Xavier, and Xavier’s NPHC Organizations	University Center

Friday, October 21, 2011

Time	Event Description	Location
*noon – 1:00pm	Blood Pressure Screening (Pharmacy Students Association)	Pharmacy Lobby
noon -12:30pm	Spiritual Wellness Mass	Chapel
*3:00pm-4:00pm	Running/Walking Clinic (Dr. Lourdes Rincon – Theology Dept.)	UC Room
*4:00pm – 6:00pm	Closing Ceremony	UC Yard
4:00pm– 5:00pm	Field Day - De-Stress Activities (Campus Recreational Sports, SGA/XAB, Classes and Organizations Competition)	UC Yard
5:00pm	“Walk-A-Mile” with President Francis (SGA/XAB, Physical Education, Athletic, Campus Recreational Sports, Wellness Network, Sophomore Class)	UC Yard
7:00pm – 9:00pm	Prizes/Refreshments/Prizes Block Party (Psychology Club, NAACP and Sigma Gamma Rho Sorority)	UC Yard

Saturday, October 22, 2011

10:00am – 2:00pm	Operation Diabetes (American Pharmacy Association – Academy of Students Pharmacists)	Lakeside Mall
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***Attendance at six or more different Wellness Week activities with asterisk will make you eligible to win valuable prizes. Turn in Passport at Counseling and Wellness Center, XS, Suite 570.**