



Live well. Be Well.

This year we are excited to have the involvement of many campus student groups. These groups will be a part of the vendor fair that will be held in the Balfour-Hood Atrium. They will have information about their group, upcoming events for the year, and some interactive presentations.

Some of the groups participating are:

Peer Health Advocates

Habitat for Humanity

Colleges Against Cancer

Sexual Health Awareness Club

The Wheaton Athletic Mentors



These groups may not seem to be linked to Health and Wellness in its strict sense, but we believe that there are many things a college student does to get healthy on our campus.

Sponsored By: The Office of Health & Wellness, Conference & Event Services, The Office of Student Life, The Marshall Center for Intercultural Learning, The Counseling Center Athletics

Thanks for the generous support of the Venture Fund!

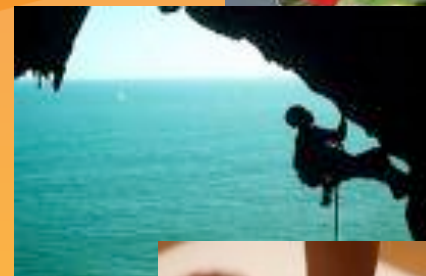
Wheaton College
Wellness Day



Wheaton College's 4th Annual Health and Wellness Day



Wheaton Wellness Day is a day long event that includes workshops, a vendor fair and other activities designed to offer students, faculty and staff the information and resources they need to promote their health and wellbeing.



The goal of Wheaton Wellness Day is to celebrate health in all its forms and connect the Wheaton community with the information and resources they need to take good care of themselves.



Wellness Day would not be possible without you, so we are counting on YOUR participation to make this the most successful Health and Wellness Day Wheaton College has ever seen.



Wheaton College
Wellness Day



The 4th Health and Wellness Day will have a large amount of vendors, workshops, and interactive presentations. Here is a schedule of events.



Schedule of Events

**12:00-3:00 pm
Vendor Fair**

Atrium, Balfour-Hood

Student organizations, on campus departments and off-campus organizations will be offering valuable information and giveaways! Stroll through during the afternoon to connect with great health resources.

**Rock Wall Climbing
Chapel Field**

Climbing is a sport that can be enjoyed by all ages and ability levels. It provides a great way to improve agility, coordination, core strength and flexibility. Surprising to many, it is also a great way to flex your mind as you utilize problem-solving skills! Join professional climbing staff from Carabiner's Indoor Climbing in New Bedford, MA and explore the world from the ground up!

**Personal Fitness Consultations
Pappas Fitness Center**

Strength and conditioning specialists and physical therapists from Marathon Physical Therapy will provide 10-minute personal consultations to answer your fitness questions and help you reach your goals. Sign up for an appointment in the Pappas Fitness Center.

**Rejuvenation Oasis
Old Game Room, Balfour-Hood**



Your daily grind getaway! Stop by the Old Game Room in Balfour Hood for free massages, reflexology treatments, refreshments, or simply to rest in a soothing atmosphere as your senses are engaged!

**Kayaking 101
Peacock Pond, Stairs**

Experience the basics of kayaking in our very own Peacock Pond! Spend time pond-side, to chat about proper equipment and gear, and if you're brave, climb in to have a firsthand experience with kayaking.

**10:45-11:25 am & 11:35-12:15 pm
Getting to Know Yoga
Dance Studio, Balfour-Hood**

Join the Wheaton Yoga Club during their regular Friday session to explore the benefits of yoga and relaxation techniques. Participants should bring a yoga mat or a large towel with them.

**11:00-11:45 am
Staying Fit While at Work**

Join Gayle Olsen, Wellness Coordinator at Brigham and Women's/Mass General Health Care Center to learn ideas to help reduce fatigue due to poor office set up as well as how to take care of yourself while on the job!

**12:00-1:00 pm
Botanical Bodycare
Greenaway Room, Wallace Library**

Join Susan Clements of Earth & Ocean, Wickford, RI and discover how to create exquisite natural body care products. Susan will explore ingredient options and their benefits. In this fun, hands-on workshop participants will learn to create a facial cleanser, toner and masque. Recipes and samples will be available to take with you.

Please note: This workshop is limited to 15 participants. Please arrive 10 minutes early to secure a spot, first come, first served.

**12:15-12:45 pm
Citizen CPR**

New Yellow Parlor, Balfour-Hood

Citizen CPR is an American Heart Association program that gives you the life saving skills of cardiopulmonary resuscitation in a short, effective, easy to learn package. In this 30 minute video-assisted session you will learn CPR with the support of trained Peer Health Advocates. Each participant will receive a free kit that includes an inflatable practice mannequin and training video.

Please note: This workshop is limited to 15 participants. Please arrive 10 minutes early to secure a spot, first come, first served.

12:30-1:30 pm

**Cafeteria Woes and Joys: Managing Public Eating
and Making Tough Choices
The Counseling Center**

Join the Counseling Center staff in a comfortable atmosphere for this interactive discussion group.

**1:00-1:30 pm
Citizen CPR**

New Yellow Parlor, Balfour-Hood

1:00-1:30 pm

LIVE! Aramark in the Café

Learn how to turn a healthy item into something fun as Executive Chef, Jennis Heal demonstrates how to make delicious lettuce wraps with a variety of fillings sure to please any crowd! Sample the goodies after the demo!

1:00-2:00 pm

**Mind Mastery: How to Increase Focus &
Decrease Stress
1960 Room, Balfour-Hood**

Stressed out? Want to enhance your ability to focus? Discover tools to increase your wellness through techniques and practices of mind mastery. Join Counseling Center Interns for an interactive workshop on mindfulness, stress reduction, and an assortment of take-home skills.

**2:00-3:00 pm
Botanical Bodycare
Greenaway Room, Wallace Library**

**2:00-3:00 pm
Getting Fit Without the Gym,
Balfour-Hood**

Hate the idea of going to the gym? Join Gayle Olsen, Wellness Coordinator at Brigham and Women's/Mass General Health Care Center to learn strategies for getting a workout while at work or at home with little or no equipment, just 20-30 minutes of your time! Come prepared to try some exercises so you will remember them better after you leave the workshop.

Happening Throughout...

Check out Chase, Emerson & the Cafe for healthy options on today's menus and nutritional information.

Wellness Continued...

**Monday, November 9, 2009
Nutritionist Visit**

Stop by Chase Square between 11:30-1:30 pm to chat with Aramark Nutritionist Peggy O'Shea and gather valuable information and resources to further your knowledge of healthy eating.

Come Join Us at Wellness Day.
Together We're Building a Healthier Campus and a Healthier You!