

Penn State-Behrend  
7th Annual

# WELLNESS AWARENESS WEEK

March 29 - April 2, 1993

**Saturday, March 27**  
12:00 p.m. - 8:00 p.m.  
Erie Hall

**Aerobic-a-thon**  
Sponsored by Panhellenic Council

**Monday, March 29**  
10:00 a.m. - 2:00 p.m.  
Reed Building

**Health Fair**  
Over 30 community organizations offering health screenings, videos, demonstrations, displays, and free samples

**Tuesday, March 30**  
11:00 a.m. - 1:00 p.m.  
Wintergreen Lobby

**Blood Pressure and Cholesterol Screening**  
Provided by Saint Vincent Health Center

**Cooking Demonstration**  
Featuring Al Vogan of Housing and Food Services

8:00 p.m.  
Reed Lecture Hall

**"Living with HIV/AIDS"**  
Open forum featuring local HIV-affected community members  
Co-sponsored by Office of Residence Life  
**Red Ribbons and Refreshments**

**Wednesday, March 31**  
10:00 am - 1:00 p.m.  
Wintergreen Lobby

**"Assess Your Health Risks"**  
Personal computerized health risk appraisal that offers health tips and predicts longevity

11:00 a.m. - 5:00 p.m.  
North-side Wintergreen Cafe

**Fourth Annual Penn State-Behrend Clubs and Organizations Blood Drive Competition**  
Sponsored by Tau Kappa Epsilon fraternity

**Thursday, April 1**  
11:00 a.m. - 5:00 p.m.  
North-side Wintergreen Cafe

**Blood Drive Competition, continued**

12:00 p.m. - 2:00 p.m.  
Wintergreen Lobby

**Coffee House**  
Featuring Graham Scott (acoustic guitar)  
Sponsored by Student Programming Council  
**Free Refreshments**

7:00 p.m.  
Wilson Picnic Grove

**"Take Back the Night"**  
March to protest violence against women  
Sponsored by Women Today and Office of Residence Life

**Friday, April 2**  
10:00 am - 1:00 p.m.  
Wintergreen Lobby

**"Assess Your Health Risks"**  
Personal computerized health risk appraisal that offers health tips and predicts longevity

9:00 p.m.  
Wintergarden

**Friday Fiesta**  
Featuring "Impacto Boricua" (salsa music)  
Sponsored by the Organization of Latin American Students

*Sponsored by Your Health Advisory Board*