

Penn State-Behrend  
8th Annual

# WELLNESS AWARENESS WEEK

February 14 - February 18, 1994

**Monday, February 14**  
10:00 a.m. - 2:00 p.m.  
Reed Building

**HEALTH AND WELLNESS FAIR**  
Over 30 community organizations offering **FREE**  
samples, demonstrations, and screenings

**Tuesday, February 15**  
8:00 a.m. - 10:00 p.m.  
Health and Wellness Center  
Carriage House

**"ASSESS YOUR HEALTH RISKS"**  
Choose from a variety of computerized programs that  
analyze health risks, print out complete diet plans,  
and predict longevity

11:00 a.m. - 1:00 p.m.  
Wintergreen Cafe

**MARTY O'CONNOR RETURNS**  
Enjoy the contemporary folk guitar music of this  
accomplished musician  
Requests welcome, **free refreshments**

8:00 p.m.  
Erie Hall

**"HEALTH CARE 2000: MANAGING THE FUTURE"**  
Presented by **DR. LOUIS SULLIVAN**, president of  
the Morehouse School of Medicine, and former  
Secretary of Health and Human Services

**Wednesday, February 16**  
8:00 a.m. - 10:00 p.m.  
Health and Wellness Center  
Carriage House

**"ASSESS YOUR HEALTH RISKS"**

11:00 a.m. - 1:00 p.m.  
Wintergreen Lobby

**HEALTH CORNER**

Obtain **FREE** health guides and gourmet cookies

**Thursday, February 17**  
8:00 a.m. - 10:00 p.m.  
Health and Wellness Center  
Carriage House

**"ASSESS YOUR HEALTH RISKS"**

9:00 p.m.  
Wintergreen Cafe

**SAN GITA**  
Listen to uplifting rhythms and sounds by musicians  
playing instruments from every corner of the earth,  
including South Indian, African American, Asian, and  
Cuban

**Friday, February 18**  
12 noon  
Wintergreen Lobby

**TAI CHI DEMONSTRATION**  
Join Ed Matthews as he demonstrates this ancient art  
that especially tones muscles of the lower body and  
induces relaxation

8:00 p.m.  
Studio Theater

**PLAY: "VITAL SIGNS"**  
An evening that explores contemporary experiences  
through the stories of over 30 characters; from a jazz  
drummer, to a carnival sharp-shooter, to a woman  
rescued by Spiderman

**FREE DRAWINGS FOR PAIRS OF TICKETS TO SEE  
VITAL SIGNS AT EVENTS THROUGHOUT THE WEEK**

**Sponsored by the Penn State-Behrend Health Advisory Board**

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**Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Patty Pasky McMahon at 898-6217 in advance of your participation or visit.**