

WINTER WELLNESS FEST

FEBRUARY 12-16, 1996

SPONSORED BY
THE PENN STATE-BERREND HEALTH ADVISORY BOARD

MONDAY

February 12
10 a.m. - 2 p.m.
Wintergreen Lobby
Reed Union Bldg.

HEALTH FAIR

FREE blood sugar screen, health-style and stress scoring, cardiac assessment, BP check, samples, "Ask-the-Doctor," & other health booths (The cholesterol screen \$3.00 fee may be charged to your student account)
Sponsored by St. Vincent Health Systems

TUESDAY

February 13
11:30 a.m. - 1:00 p.m.
Judging 12 noon
Rear of Glenhill Farmhouse
(next to tennis courts)

MOST UNIQUE SNOW CREATURE CONTEST

Get a group together or make one solo
Pick-up entry forms at the Health & Wellness Center
PRIZES for most creative creatures
FREE chili and hot chocolate
Bonfire / Music

WEDNESDAY

February 14
11 a.m. - 1:30 p.m.
Wintergreen Cafe

MARTY O'CONNOR

Enjoy great classical guitar entertainment over lunch

5 p.m.
Dobbins Dining Hall

SAVE YOUR HEART

Life-saving health information compliments of the American Heart Association

THURSDAY

February 15
7 p.m.
Lawrence Hall Lobby

SEASONAL AFFECTIVE DISORDER

Find out how to cure the winter blues with Traci Paulson of the Hamot Women's Health Connection
FREE Refreshments

FRIDAY

February 16
11:30 a.m. - 1 p.m.
Wintergreen Patio

SNOW SPORTS DEMO

Complimentary demo & trial use of various winter sports equipment
Learn how to protect yourself from the elements while having fun
Compliments of Koenig Sports and Eastern Mountain Sports
FREE Refreshments