

PENNSSTATE



Erie

The Behrend College



Richard Keeling

# Wellness Awareness Week April 1-5, 1991

## Sponsored by Health and Wellness Services

### SCHEDULE OF EVENTS

#### Monday, April 1

10:00 a.m. - 3:00 p.m.  
Reed Union Building

Health and Wellness Fair  
Over 30 community exhibitors  
Displays, health screenings, give-aways  
and arrival of Lifestar Helicopter

7:00 p.m. - 8:00 p.m.  
101 Lawrence Hall

Guided Visualization  
Debra Gabler-Monahan,  
Well Being Center  
Let your imagination be your guide!

#### Tuesday, April 2

8:00 p.m.  
Reed Lecture Hall

Keynote Speaker: **Richard Keeling**  
Chairman, American College Health  
Association Task Force on AIDS  
"AIDS in the 1990s: New Challenges and  
New Hopes"

#### Wednesday, April 3

12:30 p.m. - 1:30 p.m.  
Wintergarden  
Reed Building

Tai Chi demonstration by Michael DeMarco,  
Asian martial arts instructor

4:30 p.m. - 6:30 p.m.  
Dobbins Hall

Health Fest

7:00 p.m. - 8:30 p.m.  
Reed Lecture Hall

"Some of the 'Whys' of Fitness"  
Jon Kolb: Conditioning Coach,  
Pittsburgh Steelers, member of  
Steelers All-time Team

#### Thursday, April 4

12:00 noon - 1:00 p.m.  
Wintergreen Lobby  
Reed Building

Laurel Honey demonstrates easy and  
inexpensive ways to eat well.

7:00 p.m. - 8:00 p.m.  
Niagara Lobby

"Don't Resent It, Prevent It"  
Sexual Assault Prevention  
Officer Tod Allen, Penn State-Behrend  
Community Service Officer

#### Friday, April 5

12:00 noon - 2:00 p.m.  
Wintergarden  
Reed Building

Coffee House featuring Folk Guitarist  
Marty O'Connor