

**CELEBRATE WITH US
PENN STATE-BEHREND
WELLNESS AWARENESS WEEK**

Sponsored by Health and Wellness Services and The Health Advisory Board

Monday, April 6, 1992

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

Health and Wellness Fair

30 community exhibitors with displays, brochures, health screenings, videos, and giveaways

9:00 p.m. - 10:00 p.m.

Lobby of Tigress Building

Therapeutic Touch and Massage

Back by popular demand! Julie Morrow, R.N. (Bring a pillow, a blanket and a friend) Sponsored by Barry Westcott and fellow Resident Assistants

Tuesday, April 7, 1992

Noon

Wintergarden

Six Quick Study Breaks to Energize and Refresh You

Kathleen Campbell, Director of Theatre, Sponsored by the Matchbox Players

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

Dobbins Hall

Health Fest

8:00 p.m.

Reed Lecture Hall

Keynote Speaker: "Fallen Angel" Barry Mayson, former President of the South Carolina Chapter of Hell's Angels, Sponsored by Campus Ministry

Wednesday, April 8, 1992

10:00 a.m. - 3:00 p.m.

Wintergarden

"The Creative Core"

Stairways Art Exhibit

Noon

Wintergarden

Reception and Refreshments

Sponsored by the Psi Chi Honor Society and the Psychology Club

7:00 p.m.

Wintergarden

"Self Defense and Self Control"

Martial arts demonstration by the Martial Arts Club

Thursday, April 9, 1992

4:00 p.m.

Conference Room of the Reed Union Building

Your First Job - What to Expect

Sponsored by the Career Development and Placement Office

9:00 p.m. - 10:00 p.m.

Lobby of Niagara Hall

Therapeutic Touch and Massage

Julie Morrow, R.N. (Bring a blanket, a pillow, and a friend), Sponsored by Mike Kongelka, Anthea Raymond and fellow Resident Assistants

Friday, April 10, 1992

Noon - 2:00 p.m.

Wintergarden

Coffee House featuring "Armor and Sturpevant"

Traditional and contemporary folk music of North America and East Africa

Funded in part by the United States Department of Education, Fund for the Improvement of Postsecondary Education.

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Health and Wellness Fair**

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and

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Monday, April 6, 1992

10:00 a.m. - 3:00 p.m.

**30 COMMUNITY ORGANIZATIONS WILL OFFER HEALTH SCREENINGS, VIDEOS, SAMPLES,
DEMONSTRATIONS, AND DISPLAYS**

Participants Include:

Millcreek Community Hospital... Offering free blood pressure and diabetes screenings, height and weight measurement, helium balloons and popcorn.

Emergycare Inc... offering tours of its ambulance throughout the day.

Mary Kay Cosmetics... staffing a table throughout the day. At 1:00 p.m. there will be a program on skin care/protection and a cosmetic makeover demonstration.

Hamot Women's Health Connection... staffing a table throughout the day. A workshop on Breast Self Examination and Breast Health will be held at 2:00 p.m. in the Reed Conference Room. (Attendance is limited to 15 women. Call Cathy Eck at 898-6924 to reserve a space).

Waldenbooks... displaying a wide variety of books pertaining to physical fitness and wellness.

Erie Runners Club... providing applications for upcoming races and information about the club.

Sickle Cell Anemia Foundation... providing pertinent information about his disease.

Whitehall Laboratory... offering free samples of Advil and information on preventing headaches and staying healthy.

Cult Awareness Network... providing information on a variety of cults that seek new members among college populations.

Campus Ministry... staffing a table throughout the day.

BACCHUS... Offering information about this student organization which is hoping to open a chapter at Penn State-Behrend.

Join Us In Celebrating This Annual Spring Event