

PAWS for Wellness 2010 Health Fair!

Join us on October 6th for the PAWS for Wellness Health and Wellness fair sponsored by the Healthy Campus Taskforce's PAWS for Wellness Campaign.

This event will feature:

- over 30 vendors providing interactive displays and information on a variety of health and wellness topics
- Free screenings including hearing, depression, sun damage and blood pressure
- Free assessments including flexibility
- Free treatments including massage and acupuncture
- Free self defense, kettle ball and exercise demonstrations
- Breakout sessions (see below for a full breakout session schedule)
- Flu shots
- Towson Dining will be featuring healthy lunch specials in the Susquehanna Food Court
- An opportunity to win a 3 session personal training package from Campus Recreation Services for participating in the event!

Event Location:

- Potomac Lounge: Vendor tables, assessments, screenings and treatments
- Loch Raven Room: Breakout sessions
- UU 308: Hearing screenings

Date:

- Wednesday October 6, 2010

Time:

- 10:00am-2:00pm

We hope you'll join us for this fun day of health and wellness and please check out the breakout session below for more on what will be offered!

For more information or questions please call 410-704-2065 or email healthandwellness@towson.edu

Breakout Session Schedule for Loch Raven Room:

10:00am- 10:25am: **Financial Wellness: What You Need to Know**

Presented by: Mary Fortier, Financial Services

"Come learn about financial wellness and how to manage your money! This interactive workshop will allow participants to ask questions while developing short-, mid- and long-term goals. Learn how to set a budget and track your daily expenses to evaluate whether or not you are meeting your budget and goals. Participants will also have the opportunity to make follow-up appointments with financial counselors after the workshop."

10:30am-10:55am: **Improving Sexual Communication**

Presented by: The Sexual Assault Peer Educators

"HOW TO GET WHAT YOU WANT OUT OF SEX: Improving sexual communication 1. Are you having the kind of sex you want? 2. Do you think sex could be better or more satisfying? 3. Have you ever felt like there's something you wanted sexually but you didn't know how to ask for it? 4. Have there been things you DIDN'T want sexually but were too uncomfortable to speak up about? This fun and interactive workshop will focus on improving your ability to communicate with your sexual partner(s)."

11:00am-11:25am: **Rap, Aggression, Defense (RAD) Demonstration**

Presented by: Colonel Larry Bell and Jean Commer, TUPD

"RAD is a program of realistic self-defense tactics and techniques. RAD also teaches hands-on defense training and is dedicated to teaching women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense tactics."

11:30am-11:55am: **Intro to Yoga Class**

Presented by: Campus Recreation Services

"Please join Campus Recreation Services for this 25 minute basic yoga class demonstration. Campus Recreation Services will be providing 15 mats on a first come first serve basis, but you are welcome to bring your own mat!"

12:00pm-12:25pm: **Fear Not the Freshman 15**

Presented by: The Body Image Peer Educators

"This program will dispel the myth of the freshman 15, provide suggestions for healthy eating and body image and share information about eating disorders."

12:30pm-12:55pm: **Healthy Eating 101: How to Select Produce**

Presented by: Chris Shoul, Towson Dining

"Eating fresh fruits and vegetables is the key to a healthy diet, but sometimes it can be hard to know what to buy. Come learn some basic tips on how to identify produce that is healthy and ripe and how you should store your produce to keep it fresh the longest."

1:00pm-1:25pm: **The One Thing You Need to Know about STDS: But No One Ever Told You!**

Presented by: Lenore Meyers, Dowell Health Center

"Come and learn information about sexually transmitted infections that no one has ever told you- we guarantee it!!!"

1:30pm-1:55pm: **How to Help a Friend with Eating Disorders**

Presented by: Kate Clemmer, Sheppard Pratt Center for Eating Disorders

"This workshop will focus on providing education regarding the warning signs that someone might have disordered eating or an eating disorder. Participants will learn ways they can communicate their concerns to a friend they are worried about and how they can support a friend who is working on recovery. Finally, participants will also be provided with information about on and off campus services where they or their friends can go to get help and/or more information."