

Healthy Habits & Physical Wellbeing Lecture Series

Fall 2009



Healthy Habits

Health Screenings

Stay up on your health with these regular health screenings provided by The Cougar Health Awareness Team-CHAT and the Professional Pharmacy Student Organization. Have your blood pressure, blood glucose, blood cholesterol and more tested at a greatly reduced price. **Please visit wellbeing.wsu.edu for prices and more information.**

Tuesday, September 22	4:00 – 6:00pm	SRC Lobby
Thursday, October 22	4:00 – 6:00pm	SRC Lobby
Tuesday, November 17	4:00 – 6:00pm	SRC Lobby

Blood Drives

Give back to the community by donating blood. Inland Northwest Blood Center (INBC) will be offering two blood drives throughout the fall semester. INBC is the main blood supplier to Pullman Regional Hospital and Gritman Medical Center.

Wednesday, August 26	1:00 - 5:00pm	SRC Lobby	Free
Thursday, December 3	1:00 - 5:00pm	SRC Lobby	Free

Dynamic Learning Series - All workshops are FREE!

Motivation Strategies- Tuesday, September 15 (register by 9/15) - 12:10-12:50pm - CUE 518

Are you stuck and having trouble getting motivated? Imagine being able to control your feelings and being able to go from a state of hesitation to going for it within seconds instead of days, months or years. You will leave this session with a set of specific skills to motivate yourself to do any task including school, work and exercise.

Removing Limiting Beliefs- Tuesday, November 10 (register by 11/10) - 12:10-12:50pm - CUE 518

Have you ever wanted to achieve something in your life and found it difficult to take action? The beliefs that you hold shape your experience, behavior, and life. Now consider learning the ways to identify all of your beliefs including the ones that are limiting you in any way. Knowing this we can easily change our beliefs resulting in new behaviors and more effective results.

Physical Wellbeing Lecture Series - All workshops are FREE!

Adding Activity in to Your Day- Thursday, September 3 (register by 9/3) - 12:10pm-12:50pm in CUE 518

You don't always need to spend a lot of money or fancy equipment to add activity in to your day. In this workshop we will discuss many simple ways you can add activity in to your day at home or at work Exercise demonstrations and equipment will be available.

Exercising on the Road- Thursday, October 1 (register by 10/1) - 12:10pm-12:50pm in CUE 518

It's always a struggle to keep up your workouts when you travel. We will learn many simple, practical ways to incorporate exercise in to your days while on the road.

Healthy Holiday Habits- Thursday, November 5 (register by 11/5) - 12:10pm-12:50pm in CUE 518

Discover how to combine exercise, nutrition, and stress management into a successful holiday season through this informative and interactive wellbeing lecture series workshop!

Accessibility Info

Reasonable accommodations are available with adequate prior notification. Call Joanne Greene at 335-9669 or Jeff Elbracht 335-9668 for more information.