

WELLNESS FAIR ACTIVITIES SCHEDULE

March 8th 1:30 – 3:30 PM

CENTER FOR STUDENT SUCCESS

ACTIVITIES – 20 MINUTE SESSIONS

YOGA FOR LIFE

STEP AEROBICS

ZUMBA FUN

FITNESS TESTING

BODY COMPOSITION

Qi GONG

FACIALS

SPECIAL SESSIONS (IN THE CSS COMPUTER LAB):

MANAGE TEST ANXIETY 1:30 – 2:30 PM

DEVELOPING A SUCCESS AND ACTION PLAN THROUGH LIFE COACHING 2:30 - 3:30PM

INTERACTIVE INFORMATION TABLES:

CENTER FOR VIOLENCE PREVENTION – EDUCATION AND RESOURCES ON ISSUES OF DOMESTIC VIOLENCE

HEALTH INFORMATION TECHNOLOGY – PATIENT RIGHTS TO HEALTH INFORMATION

LIBRARY – SEARCHING FOR A HEALTHIER YOU

NURSING – BLOOD PRESSURE CHECKS AND HEALTHY EATING

RADIOGRAPHY – BREAST HEALTH AWARENESS

TRIO PROGRAM – HAPPINESS WALL

SPECIAL EVENT: BONE MARROW REGISTRY DRIVE

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