

Student Wellness Program

Fall 2011 Schedule at a Glance*



*Please note: all dates, locations and topics are tentative. Please check the KUMC Events Calendar for up-to-date information.

Saturday, August 20 (Swope Park, Noon–10pm)

Kansas City Ethnic Enrichment Festival
<http://www.eeckc.org/Events.htm>

Discovering Balance Series: Out in Kansas City
Presented by: Ryan Gove, Office of Student Engagement

Monday, August 23 (1025 Orr Major, 12–1)

Discovering Balance Series: Student Health Insurance

Presented by: Lisa Shryock, Student Services

September 30th & October 1st (Kemper

Arena)

Out in Kansas City: American Royal BBQ
<http://www.arbbq.com/>

Monday, August 29 (Wahl Hall East, 12–1)

Discovering Balance Series: Relaxation

Presented by: Kimberly Vandegest-Wallace, Counseling & Educational Support Services

Tuesday, October 18 (1025 Orr Major, 12–1)

Student Financial Aid: Behind the Scenes of Consumer Loans

Presented by: Robert Burton, KUMC Credit Union General Manager

Tuesday, August 30 (Wahl Hall East, 12–1)

Discovering Balance Series: What is Wellness?

Presented by: Ryan Gove, Office of Student Engagement

Monday, October 24 (1014 Orr Major, 12–1)

Discovering Balance Series: Time Management

Presented by: Jen Dolson, Counseling & Educational Support Services

Wednesday, August 31 (Wahl Hall East, 12–1)

Student Financial Aid: Budgeting 101

Presented by: Sara Honeck, Student Financial Aid

Monday, November 9 (1025 Orr major, 12–1)

Discovering Balance Series: Importance of an International Education

Presented by: Judith Reagan, International Programs

Friday, September 16 (Stoland Lounge, 11:30–1)

Information Table: Constitution Day

Thursday, November 24 (Country Club Plaza)

Out in Kansas City: Plaza Lights

<http://www.countryclubplaza.com>

Wednesday, September 21 (1050 SON, 12–1)

Student Financial Aid: Money and Love – Making it Work

Presented by: Kimberly Vandegest-Wallace, Counseling & Educational Support Services

Monday, November 21 (1014 Orr Major, 12–1)

Healthy and Quick meal Prep

Presented by: Leigh Wagner, RD, Program in Integrative Medicine

Wednesday, September 28 (1025 Orr Major, 12–1)

Monday, November 29 (1014 Orr Major, 12-1)

Living in the Here and Now

Presented by: Kimberly Vandegest-Wallace,
Counseling & Educational Support Services

Monday, December 5 (Stoland Lounge

11:30-1)

Stress Relief Study Break