

2003-2004 Student Wellness Programs

August

- “*Discovering Balance: Juggling Life*” presented by student panel and Dr. Jim Dugan

September

- “*Discovering Balance: Effective Approaches to Test Taking*” presented by Alice Carrott, St. Counseling
- “*Discovering Balance: Exposures*” presented by Dr. Michael Kennedy & Pam Kepus, Student Health
- “*Student Financial Aid: Loan Consolidation*” presented by Garth Ferro, Student Assistance Foundation
- “*Student Financial Aid: Money Madness*” presented by Laura Jandl, Wells Fargo EFS
- Informational Table: 5-A-Day

October

- “*Discovering Balance: Quick Fitness Fixes*” presented by Jan Schmidt, Kirmayer Fitness Center
- “*Discovering Balance: Helping an Impaired Colleague/Peer*” presented by Dr. Dugan & Dr. L. Kennedy
- “*Student Financial Aid: The Power of Compounding*” presented by Angie Mitchell, Security Bank & Trust
- “*Student Financial Aid: IRA's*” presented by Angie Mitchell, Security Bank & Trust
- Informational Table: Domestic Violence Awareness Month

November

- “*The Art of Dialogue: Being Content with What you Have*” presented by Hilary Kass, Health Educator
- “*Discovering Balance: Helping the Sexually Assaulted*” presented by Jenny Walters, MOSCA
- “*Student Financial Aid: Credit Survival*” presented by Lisa Sweet, Bank One
- “*Student Financial Aid: Debt Management*” presented by Brent Carpenter, Commerce Bank
- “*Student Financial Aid: Money Madness*” presented by Laura Jandl, Wells Fargo EFS
- Informational Table: American Diabetes Month

December

- “*Discovering Balance: Establishing Patient Rapport in 5 Minutes*” presented by Dr. Larry Long
- “*Discovering Balance: Study Break!*” dodge ball and ice cream social event
- Informational Table: Focus on Fitness

January

- “*Discovering Balance: Dental Health & Your Heart*” presented by Maria Kunstadter, DDS
- Informational Table: Healthy Weight Week

February

- “*Discovering Balance: Low Carb Diets*” presented by Curtis Smith, PhD
- “*Discovering Balance: Tax Prep Help*” presented by Stephen Mazza, KU Law School
- “*Discovering Balance: Our Sexual Values*” presented by: Kimberly Vandegest-Wallace, PhD
- “*Student Financial Aid: Credit Survival*” presented by Lisa Sweet, Bank One
- “*Student Financial Aid: Money Madness*” presented by Laura Jandl, Wells Fargo EFS
- Informational Table: Marriage Week

March

- “*Discovering Balance: Health Insurance- What to Look For*” presented by G. Scott Helt, VP Health System Contracting
- “*Discovering Balance: Being an Effective Leader and Follower*” presented by Mike Bleich, PhD
- “*Student Financial Aid: Buying a Home*” presented by Lee Ann Yartz, Reece and Nichols
- “*Student Financial Aid: Loan Consolidation*” presented by Garth Ferro, Student Assistance Foundation
- Informational Table: Safe Spring Break by Bacchus and Gamma

April

- “*The Art of Dialogue: Dining Etiquette*” presented by Pat Pesci, Kansas State University
- “*Discovering Balance: Helping the Victim*” presented by Kate Miller, HAP Advocate with Newhouse
- “*Student Financial Aid: Get the Credit you Deserve*” presented by Tom Ramaeker, Access Group
- “*Student Financial Aid: Debt Management*” presented by Brent Carpenter, Commerce Bank
- Informational Table: Turn Off Your TV Week

May

- “*Discovering Balance: End of Life Care*” presented by Kim Logan, Executive Director of North Care Hospice
- “*Student Financial Aid: Exit Information*” presented by Barbara Stapleton, Commerce Bank
- “*Discovering Balance: Study Break!*” dodge ball and ice cream social event