

2004-2005 Student Wellness Programs

August

- “*Discovering Balance: Reduce, Reuse, Recycle*” presented by KUMC Recycling Committee
- “*Discovering Balance: Student Insurance Options*” presented by: Dr. Dorothy Knoll and Sara Honeck, Student Services
- “*Student Financial Aid: Basics of Financial Planning*” presented by: Ryan George, Northwestern Mutual

September

- “*Discovering Balance: Yoga in the Workplace*” presented by Julie Tenenbaum, Yoga for Beginners
- “*Discovering Balance: Physicians Perspective on Medical Malpractice*” presented by Dr. Ralph Hunt, Retired Surgeon
- “*Discovering Balance: Student Insurance Options #2*” presented by: Dr. Dorothy Knoll and Sara Honeck, Student Services
- “*Student Financial Aid: Home Purchasing vs Renting*” presented by Laurie Arnold, ReMax
- Informational Table: 5-A-Day

October

- “*Discovering Balance: Good Study Habits*” presented by Alice Carrott, Assistant Director of SCESS
- “*Discovering Balance: Gender Inequality*” presented by Jayne Owen, Dr. Kimberly Vandegest and Dan Voss
- “*Student Financial Aid: Credit Reports*” presented by Angie Mitchell, Security Bank of KC
- Informational Table: Breast Cancer Awareness Month

November

- “*Discovering Balance: A Patient Coming Out*” presented by Jamie Lee and Carolyn Fredrick, PFLAG of Kansas City
- “*Discovering Balance: AA Workshop*” presented by Kansas City AA Chapter & Beverly Waltrip
- “*Discovering Balance: Talking to Patients with Sexual Limitations*” presented by Dr. Kimberly Vandegest, Psychologist with SCESS
- “*Discovering Balance: Fitting in Exercise when you Don’t Like to Exercise*” presented by Marcy Ruckman, Fitness Specialist
- “*Discovering Balance: A Meeting with our Insurance Rep*” presented by: John Accattato, Student Resources
- “*Student Financial Aid: Debt Management*” presented by Lisa Sweet, Bank One
- Informational Table: Relaxation

December

- “*Discovering Balance: Differences Between a CV and Resume*” presented by Dr. Amy Bucher, Avila University & search panel
- “*Discovering Balance: Study Break!*” dodge ball and ice cream social event
- “*Student Financial Aid: Individual Retirement Plans*” presented by Angie Mitchell, Security Bank of KC
- Informational Table: Cholesterol Check

January

- “*Discovering Balance: The Winter Blahs*” presented by Dr. Kimberly Vandegest, Psychologist with SCESS
- Informational Table: Buying a Car

February

- “*Art of Dialogue: Positive Psychology of Hope*” presented by Alicia Ito Ford, MS, Psychology Trainee with SCESS
- “*Discovering Balance: Patients with Sexual Limitations, Discussion by a Urologist*” presented by Dr. John Weigel, Professor of Urology
- “*Discovering Balance: Student Health Insurance*” presented by: Dr. Dorothy Knoll and Sara Honeck, Student Services
- “*Student Financial Aid: Loan Consolidation*” presented by Laura Jandl, Wells Fargo
- Information Table: Organ Donation

March

- “*Discovering Balance: Meals in Minutes for the Study Time Crunch. Beyond cold cereal when you’re too rushed to think about food, too overwhelmed to care*” presented by Adrienne Baxter, MS RD LD, Instructor in Dietetics & Nutrition
- “*Discovering Balance: Women in Healthcare*” presented by panel, Judith C. Wilka, CNM, MSN, ARNP, Clinical Assistant Professor, School of Nursing; Ginger Breedlove, PHD, CNM, FACNM, Clinical Assistant Professor, School of Nursing; Carla Aamodt, MD, Assistant Professor of Medicine, General & Geriatric Medicine; Stephen Moore, RN, BSN, Midwest Perinatal Associates; and Kim Templeton, MD, Associate Professor, Orthopedics
- “*Discovering Balance: Successful Sleep Strategies*” presented by Robert A. Whitman, Ph.D., Director of the KUMC Sleep Disorders Center
- “*Student Financial Aid: How to Save Money when Buying and Make Money when Selling Home*” presented by Greg Redmond from 1st National Bank of Olathe
- “*Student Financial Aid: Basics of Financial Planning*” presented by Ryan George, Northwestern Mutual Financial Network
- “*Discovering Balance: Dining Etiquette*” presented by Pat Pesci, Instructor of Hotel Restaurant Management and Dietetics (Kansas State University)
- Information Table: Things to do in KC

April

- “*Discovering Balance: Student Health Insurance: What Works and What Doesn’t*” presented by: Dr. Dorothy Knoll and Sara Honeck, Student Services, and Mike Kelly, KS Department of Administration
- “*Discovering Balance: Student Health Insurance*” presented by Sara Honeck, Student Services and Gerald Minns, MD, Associate Dean, SOM Wichita
- Information Table: National Volunteer Week

May

- “*Discovering Balance: Bridge Program*” presented by Monica Sierra-Mayberry, BSW, Bridge Program Advocate
- “*Discovering Balance: Study Break!*” dodge ball and ice cream social event
- “Student Financial Aid: Buying a Home” presented by Dave Hosek, US Bank