

Discovering Balance Programs

2000-2001

August: *"Discovering Balance: Plugs to your Stress Outlet"*

Presenters: Theresa Brown, KUMC and Carol Lett, OTR/L, owner of LifeCentrics, LC and The Movement Center

September: *"Discovering Balance: The Right Stuff, Eating Healthy Within Your Budget"*

Presenter: Caz Loth and Liz Johnson, Wild Oats Market

"Discovering Balance: Ramming Square Pegs Into Round Holes" co-sponsored with Kirmayer

Presenter: Jan Schmidt, MS Associate Director of Kirmayer Fitness Center

October: *"Discovering Balance: Staying Street Safe, Don't be a Victim"*

Presenter: Officer Jess Brizendine, KU Police

November: *"Discovering Balance: Managed Care 101"*

Presenter: Amy Northrop, Managed Care Coordinator

"Discovering Balance: Home for the Holidays, Or Maybe Not" co-sponsored with Student Counseling Center

Presenters: Theresa Brown, KUMC and Jeff Martin, PhD, Associate Dean of Student Counseling and Student Health

December: *"Finals Study Break"* co-sponsored with MSA

January: *"Discovering Balance: Financial Fitness for Life"*

Presenter: Jeff Sheets, Consumer Credit Counseling

In support of National Healthy Weight Week... a booth in the Courtyard café, Mon-Wed, 10:00am-2:00pm, featuring brochures and pamphlets on celebrating healthy weight

February: In support of National Condom Month... a booth in Stoland Lounge, Tues-Thurs, 10:00am-2:00pm, with the help of Kansas City Free Health Clinice; free brochures, pamphlets and condoms

"Discovering Balance: Partners Massage"

Presenter: Bridget Chick, Wellness Connection

"Discovering Balance: Raising Confident, Successful Kids"

Presenter: Brenda Nixon, Author of Parenting Power

March: In support of National Collegiate Health and Wellness Week... a booth in the Courtyard café, Mon-Tues, 10:00am-2:00pm, pamphlets and informational brochures

"Discovering Balance: And She Musn't be Called MD" (in support of Women's History Month)"

Presenter: Kelly Brown, MLS

April: In support of National Turn off the TV Week... a booth in the Courtyard café, Mon-Thurs, 10:00am-2:00pm

"Discovering Balance: Financial Planning"

Presenter: Financial Aid

"Discovering Balance: On a Spiritual Quest"

co-sponsored by Interfaith

Presenter: various religious leaders in our community

May: *"Finals Study Break"* co-sponsored with MSA and SGC Interdisciplinary Committee