

2001-2002 Wellness Programs

August

- *"Discovering Balance: The Practice of Falun Dafa"* presented by Barbara Batson, Practioner

September

- *"Discovering Balance: Tae Kwon Do as Self Defense"* presented by Master Rudolf Muhammad
- *"Wellness Workshop: Thoughts on Finances"* presented by Carol Buchli, USA Funds Services
- Informational Table: National Cholesterol Month
- *"Financial Aid Series: What to do Before you Budget"* presented by Jack Taylor, Director of Student Financial Aid
- *"Financial Aid Series: Budgeting"* presented by Consumer Credit Counseling Services\
- *"Hawk Night"* Kirmayer Fitness Center

October

- *"Discovering Balance: The Basics of Car Maintenance"* presented by Will Clifton, Manager of Jiffy Lube and Officers Jess Brizendine & George Kemper, KUMC Police Department
- *"Discovering Balance: Secrets of Successful Relationships"* presented by a Student Panel
- Informational Table: National Breast Cancer Awareness Month
- *"Financial Aid Series: Economizing"* presented by Chiquita Miller, Wyandotte County Home Ec.
- *"Financial Aid Series: Spotting Fraud"* presented by Kansas Attorney General's Office

November

- *"The Art of Dialogue: Talks on Nutrition"* presented by Mary Hise, PhD, RD, CNSD
- *"Discovering Balance: Avoid Burnout"* presented by Jeana Wilcox, RN, CS APMHCNS
- *"Wellness Workshop: Thoughts on Stress"* presented by Ann McGrath, PhD
- Informational Table: Great American Smoke-out
- *"Financial Aid Series: Buying your First Home"* presented by Consumer Credit Counseling Services

December

- *"Discovering Balance with the 3 R's: Rest, Relaxation and Rejuvenation"* Finals Study Break
- Informational Table: World AIDS Day

January:

- *"Discovering Balance: Running A Marathon "* presented by Student Panel
- *"Discovering Balance: Nutritional Tips for Cooking"* presented by Adrienee Baxter, MS, RD, LD
- Informational Table: National Nutrition Month
- *"Financial Aid Series: Financial Planning, including Retirement"* presented by Sheldon Woolery

February:

- *"Discovering Balance: Relaxation with Tai Chi"* presented by Bill Douglas, #1 Selling Tai Chi Author
- *"Discovering Balance: Fair Fighting"* presented by Dr. Larry Long, Student Counseling Center
- Informational Table: National Condom Week
- *"Financial Aid Series: Insurance"* presented by Peggy Johnson
- *"Financial Aid Series: Wills, Trusts, Powers of Attorney"* presented by Cathy Zumbell

March:

- *"Discovering Balance: Medicine Ways of our Ancestors"* presented by Kara Hawk
- *"Discovering Balance: Test and Study Skills"* presented by Alice Carrot, Educational Support
- Informational Table: National Collegiate Health and Wellness Week
- *"Financial Aid Series: Beginning to Invest"* presented by Peggy Johnson

April:

- *"Discovering Balance: Journaling"* presented by Theresa Brown & Dr. Larry Long
- *"The Art of Dialogue: Spirituality in Busy Times"* presented by Jennie Malewski
- Informational Table: Earth Day
- *"Financial Aid Series: Buying a House"* presented by LeAnn Yarpz
- *"Financial Aid Series: Fair Credit"* presented by Jack Taylor
- *Ice Cream and Dodge Ball!* Study Break