

2002-2003 Student Wellness Programs

August

- "*Discovering Balance: Fun Things to Do in KC*" presented by Theresa Brown & student panel

September

- "*Discovering Balance: Small Group Study & Test Taking Skills*" presented by Alice Carrott
- "*Discovering Balance: Being Balanced=Academic Success*" presented by Student Services
- "*Financial Aid Series: Credit Reports*" presented by Katie Growbow, 1st Tier National
- "*Discovering Balance: The 30 Minute Workout*" presented by Jan Schmidt
- Informational Table: National Cholesterol Month

October

- "*Discovering Balance: Triathlon Training*" presented by panel of experts
- "*Discovering Balance: Working Effectively with Others, Including Conflict Mediation*" presented by a Student Counseling
- "*Financial Aid Series: Spotting Fraud*" presented by Teresa Salts, Office of KS Attorney General
- Informational Table: National Depression/Mental Health Awareness Week

November

- "*The Art of Dialogue: Walking Effectively!*" presented by Dr. Alan Poisner
- "*Discovering Balance: Women's Issues with Kids*" presented by Stephanie Stephens
- "*Financial Aid Series: Which IRA is right For You?*" presented by Financial Aid
- "*Financial Aid Series: Retirement Planning*" presented by Edward Jones Firm
- Informational Table: Random Acts of Kindness Month

December

- "*Discovering Balance with the 3 R's: Rest, Relaxation and Rejuvenation*" Finals Study Break
- Informational Table: Drunk and Drugged Driving Awareness Month

January:

- "*Discovering Balance: Fad Dieting*" presented by Stephanie Jernigan
- Informational Table: Eating Concerns/Body Image Awareness

February:

- "*Discovering Balance: Active Release Techniques for Soft Tissue Injuries*" presented by Dr. Brian Holderman
- "*Financial Aid Series: Tax Prep*" presented by Keith Fitzsimmons of Student Financial Accounting
- "*Financial Aid Series: Home Buying*" presented by Lorie Lange and Tracy Greer of Reece and Nichols
- Informational Table: National Condom Month (Condom A-Wear-Ness)

March:

- "*Discovering Balance: A Woman's Work is Never Done*" presented by Student Health
- "*Financial Aid Series: Starting to Invest*" presented by Brook Menees of Edward Jones
- "*Financial Aid Series: Scholarships*" presented by Valerie Walthal of USA Funds
- Informational Table: Vision Health

April:

- "*Discovering Balance: Addictions in Healthcare*" presented by Dr. Mikel Thomas
- "*Financial Aid Series: Consolidation*" presented by Tim Bornemeier of NelNet
- "*The Art of Dialogue: Dining Etiquette*" presented by Pat Pesci
- "*Discovering Balance: Giving Bad News to Patients*" presented by Dr. Mark Meyer & Dr. Sarah Taylor
- "*Financial Aid Series: Debt Management*" presented by Tom Ramaeker of Access
- "*Discovering Balance: Working with the Generations*" presented by Dean Dorothy Knoll
- "*Financial Aid Series: Buying a House Back by Popular Demand*" presented by Lorie Lange and Tracy Greer
- Informational Table: There is More to Life than Boards

May:

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