

Discovering Balance Programs

1999-2000

August: “*Stress Free September*”

September: “*Fun Things to do in Kansas City*” (when you’re not studying) co-sponsored with SWW

Presenter: Bridgette Jobe, KCK/Wyandotte Co. Convention & Visitors Bureau

November: “*Discovering Balance: Making Quick, Healthy Meals on a Student Budget*”

Presenter: Nancy O-Connor, M.S.Ed., Nutrition Educator, Community Mercantile—Lawrence, KS

The 23rd Annual Great American Smokeout

In support of this national effort to help people stop smoking, the KUMC Student Wellness Program set up a booth in Stoland Lounge with information to distribute to students. 11am-1pm Mon (11/15) -

Thurs(11/18)

December: “*Discovering Balance with the 3 R’s: Rest, Relaxation and Rejuvenation*” Finals Study Break

January: “*Personal Values and Patient Care*” co-sponsored with Lifewatch

Presenter: Kim Snapp, MD, Internal Medicine KUMC Alum- Private Practice Physician in Wichita

“*Maintaining Balance: Coping with Grief and Loss*” co-sponsored with Student Counseling Center

Presenter: Jeff Martin, PhD, Assistant Dean for Student Counseling and Health Services

Annual Student Governing Council blood drive co-sponsored with SGC

February: *National Condom Week*, February 14th-18th co-sponsored with Student Health

Free educational materials and condoms provided by the KC Free Health Clinic from 1:30am-1:pm, Mon through Fri, in the Courtyard Café

“*Discovering Balance through Financial Aid Tips, Qs & As*” co-sponsored with Student Financial Aid

Presenter: Sara Honeck, Director of Student Financial Aid

“*Discovering Balance: Helping Others Achieve Healthy Eating Habits*” co-sponsored with SWW and AMWA

Presenter: Roni Schwartz, RD, Baptist Medical Center Eating Disorders Unit

March: In support of National Collegiate Health and Wellness Week... a booth in the Courtyard café,

Mon-Thurs, 11:30am-1:00pm, co-sponsored with Student Health and Kirmayer Fitness Center

“*Discovering Balance: Budgeting to Attain A-OK Credit*” co-sponsored with Student Financial Aid

Presenter: Jeff Sheets of Consumer Credit Counseling Service

April: *A student Stress Management Group* led by Edward E. Hunter, PhD, KUMC Student Counseling Center (4 Wednesdays in April) co-sponsored with Student Counseling Center

“*Discovering Balance: Planning your Financial Future*” co-sponsored with Student Financial Aid

Presenter: Peggy Johnson, American Express Financial Planner

May: *Finals Study Break*