

2005-2006 Student Wellness Programs

August

- “*Discovering Balance: Dating Options in KC, More Than the Bar Scene*” presented by KUMC Interdisciplinary Committee
- “*Discovering Balance: Successful Sleep Strategies*” presented by: Robert Whitman, PhD, Director of KUMC Sleep Disorders Center
- “*Student Financial Aid: Investing in Real Estate, Making & Saving Money*” presented by: Greg Redmond, 1st National Bank of Olathe

September

- “*Discovering Balance: Test Preparation and Test Taking Strategies*” presented by Alice Carrott, MSA, Learning Specialist
- “*Discovering Balance: Transiting to KUMC, Time Management Challenges*” presented by Connie Hessler, Learning Specialist
- “*Student Financial Aid: Understanding Your Credit Score*” presented by Shelley Pollock, TERI
- “*Student Financial Aid: Credit Life Story*” presented by Mark Krings, NSLP
- “*Constitution Day*” Bulletin board and informational website
- Informational Table: 5-A-Day for Better Health

October

- “*Discovering Balance: Eating Healthy on a Student’s Budget and Schedule*” presented by Adrienne Baxter, MS RD LD, Instructor
- “*Discovering Balance: Health Insurance Trends*” presented by Garold Minns, MD, Associate Dean, SOM Wichita
- “*Student Financial Aid: Budgeting Workshop*” presented by Chad Herman, Legacy Financial
- “*Student Financial Aid: Financial Planning 101*” presented by Ryan George, Northwestern Mutual Financial Network
- Informational Table: National Clean Air/ Healthy Lung Month

November

- “*Discovering Balance: Relaxation Techniques*” presented by Kimberly Vandegest, PhD, Psychologist
- “*Discovering Balance: Student Health Insurance Options*” presented by Sara Honeck and Dorothy Knoll, PhD, Student Services
- “*Art of Dialogue: Assessing our Personal Values, Pro Life and Pro Choice*” presented by Kimberly Vandegest, PhD, Psychologist
- “*Student Financial Aid: How Full is Your Bucket*” presented by Laura Schultz, Wells Fargo
- “*Student Financial Aid: Buying a Home*” presented by Dave Hosek, US Bank
- Informational Table: World Kindness Week “Be Kind to your Body, Mind, Soul”

December

- “*Discovering Balance: Interviewing Skills*” presented by Mary Andrade Carlson, University Career Center, KU Lawrence
- “*Discovering Balance: Study Break!*” dodge ball and ice cream social event
- “*Student Financial Aid: Investing*” presented by R. Brook Menees, Edward Jones
- Informational Table: Safe Toy and Gift Month

January

- “*Discovering Balance: How to Party Like a Professional*” presented by Larry Long, PhD, Psychologist
- “*Discovering Balance: Quick and Easy Exercise Options*” presented by Marcy Richardson, Fitness Specialist
- “*Discovering Balance: Legal Issues and Owning/Renting*” presented by Marc Berry, Kansas Legal services
- “*Student Financial Aid: Disability Insurance for the Medical Profession*” presented by Ryan George, Northwestern Mutual Financial
- Informational Table: Eating Disorders and Maintaining a Healthy Weight

February

- “*Discovering Balance: Helping the Victim in Sexual Abuse*” presented by Alison Jones, MOCSA
- “*Discovering Balance: Tax Preparation*” presented by Stephen Mazza, KU Law School Professor
- “*Discovering Balance: Rape Kit Demonstration*” presented by Alison Jones, MOCSA
- “*Student Financial Aid: Loan Consolidation*” presented by Wells Fargo
- Informational Table: National Heart Health Month

March

- “*Discovering Balance: An Interdisciplinary Approach to Eating Disorders*” presented by Stephanie Jernigan, RN, MSN, Kimberly Vandegest, PhD and Whitney Wright, RD
- “*Discovering Balance: Essay Writing- Tests and Otherwise*” presented by Alice Carrott and Connie Hessler, Learning Specialists
- “*Discovering Balance: Public Speaking*” presented by Tom Heapes, Speech Professor, JCCC
- “*Discovering Balance: My Other Body*” presented by Ann Pai, author
- “*Student Financial Aid: KC Area Real Estate*” presented by Laurie Arnold, ReMax 1st Relators
- Informational Table: Safe Spring Break- Alcohol and Drug Awareness

April

- “*Discovering Balance: Dress for Success*” presented by Gabriel Duran, J. Crew Store Manager
- “*Discovering Balance: Student Health Insurance Options*” presented by Sara Honeck and Dorothy Knoll, PhD, Student Services
- “*Art of Dialogue: Dining Etiquette*” presented by Pat Pesci, Instruction K-State
- “*Student Financial Aid: Credit Counts Know the Score*” presented by Tom Raemaker, Access Group
- “*Student Financial Aid: Investing*” presented by Brooke Menees, Edward Jones
- Informational Table: Summer Skin Care

May

- *“Discovering Balance: Volunteering in KC”* presented by Diane Hentges, United Way of Wyandotte County Volunteer Center
- *“Discovering Balance: Study Break!”* dodge ball and ice cream social event