

Student Wellness Program
2007-2008 Schedule

August

- Discovering Balance: My KUMC Presented by: A Panel of KUMC Students
- Discovering Balance: Student Health Insurance Options Presented by: Lisa Shryock and Dr. Dorothy Knoll, Student Services
- Discovering Balance: Reaching Out to the KUMC Community Presented by: Ryan Gove and Fonda Briles, Student Services
- Out in Kansas City: Farmer's Market in the River Market
- Information Table: Things to do in Kansas City

September

- Discovering Balance: Managing Your Time Presented by: Ray Elliott, Counseling and Educational Support Services
- Discovering Balance: Nutrition Revisited: The New Food Pyramid Presented by: Stephanie Connolly, KUMC Department of Nutrition and Dietetics
- Signs of Abuse Series: Child Abuse Presented by: Stephanie Strout, Physician Assistant, Sunflower House
- Discovering Balance: All Grown up and Nothing to Eat Presented by: Jody Johnson, Author of: A Guide to Cooking and Entertaining for College Students and Young Professionals
- Out in Kansas City: First Fridays in the Crossroads
- Information Table: Constitution Day & Voter Registration

October

- Discovering Balance: Body Mechanics Presented by: Perri Cagle, MS, PT, KUMC Department of Physical Therapy & Rehabilitation Sciences
- Discovering Balance: Refreshing Your Test Taking Skills Presented by: Alice Carrott, Counseling and Educational Support Services
- Discovering Balance: Car Maintenance Presented by: William Brown, Johnson County Community College
- Signs of Abuse Series: Domestic Abuse Presented by: Lisa Martin, Community Liaison, MOCSA
- Out in Kansas City: Haunted Houses in the West Bottoms
- Informational Table: Preparing for Flu Season

November

- Informational Table: Winterizing and Winter Coat Drive
- Discovering Balance: Death & Dying in Healthcare Presented by: Shelly Mikuls, Hospice Care of Kansas
- Signs of Abuse Series: Elder Abuse Presented by: Myra Hyatt, Social Worker, Landon Center on Aging
- Discovering Balance: HOPE and Health Care, A Panel Discussion Facilitated by: Kim Vandegest-Wallace, PhD, Counseling and Educational Support
- Discovering Balance: Helping a Friend Through Disordered Eating: A Biopsychosocial Approach Presented by: Kimberly Vandegest-Wallace, PhD & Stephanie Jernigan, RN
- Out in Kansas City: Plaza Lighting Ceremony
- Informational Table: Holiday Happenings in KC

December

- Informational Table: Stress Relief
- Study Break: Ice Cream Social

January

- Discovering Balance: Making a Difference in KC Presented by Ryan Gove and Fonda Briles, Community Outreach Program
- Successful Interviewing Series: Postive Self Talk Presented by Larry Long PhD and Melinda Roberts, Counseling and educational Support
- Information Table: Financial Aid 101

February

- Discovering Balance: Cooking for 1 or 2 Presented by: Jody Johnson, Author of: A Guide to Cooking and Entertaining for College Students and Young Professionals
- Successful Interviewing Series: Dressing for Success Presented by: Caryn Ungashick, RN Senior Recruiter, KU Hospital
- Financial Aid: Debt Management presented by Sallie Mae
- Out in Kansas City: Saturday Night Movie at the Nelson Atkins
- Information Table: Tax Questions
- Study Break: Leap Year Birthday Party

March

- Discovering Balance: Social Networking Presented by: Ryan Gove, Office of Student Engagement and Melinda Roberts, Counseling and Educational Support
- Discovering Balance: Portion Control Presented by: Stephanie Connelly, Graduate Assistant, Dietetics and Nutrition
- Financial Aid: Financial Planning: The Basics Presented by: Edward Jones Group
- Out in Kansas City: Brookside St. Patrick's day Warm-up Parade
- Information Table: Roadtrips

April

- Discovering Balance: Student Health Insurance Options Presented by: Lisa Shryock, Student Services
- Discovering Balance: Building Positive Relationships Presented by: Natasha Curry, Graduate Assistant, Office of Student Engagement
- Successful Interviewing Series: Dining During and Interview/Dining Etiquette Presented by Pat Pesci, KSU department of Hotel and Restaurant Management
- Discovering Balance: Yoga Basics, Presented by: Angela Dietsch, Graduate Student, Speech, Language and Hearing
- Financial Aid: Loan Consolidation Presented by: Texas Guarantors
- Financial Aid: Buying a Home Presented by: ReMax
- Out in Kansas City: First Friday in the Crossroads
- Information Table: Being Green

May

- Information Table: Summer Fun in Kansas City