Wellness

Wellness Wednesday Series

Fall | 2013

Wednesdays at 7 p.m. | Corey Union Exhibition Lounge | ** Unless otherwise noted

"An Intro to Yoga"

August 28

Louise Mahar, Assistant Director, Recreational Sports for Fitness
(**Function Room) ~ Wear Comfy Clothes

"So You're in College: Now What?"

SUNY Cortland

September 4

Dr. Carolyn Bershad, Director of Counseling
Ralph Carrasquillo, Director of Residence Life
Christopher Kuretich, Ass't VP, Student Affairs
First year and transfer students: Discussion of transition issues including residence hall living, academics and new relationships

September 11

A day for remembering
and "random acts of kindness"
Stop by our tables in Corey Union for a ribbon and a "task"

"Walk the Walk of Student Services"

September 18

** 5:30 - 7:30 p.m., Van Hoesen Hall and Corey Union Open House
Acquaint yourself with the staff and services on campus! Refreshments and prizes!

"The Four Stages of Drinking"

September 25

National Speaker Mike Green
**8 p.m., Corey Union Function Room
One night of drinking can have a lifetime of consequences

"Living with HIV"

October 2

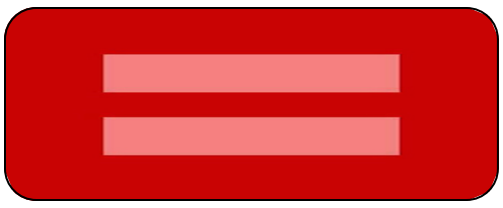
STAP (Southern Tier AIDS Program)
Hear the personal story of someone who lives each day with the disease

"I Got Your Back"

October 9

Panel of LGBTQ/Allies
Learn how to be the best ally you can be.

"The Journey to Equality"



October 16

Louis Larson, Associate Director of Career Services, Emeritus ~ and Panel
Historical and legal ramifications of gay marriage (Inaugural program of the "Louis Larson Lecture and Performance Series")

"Healthy Relationships: What Do They Look Like?"

October 23

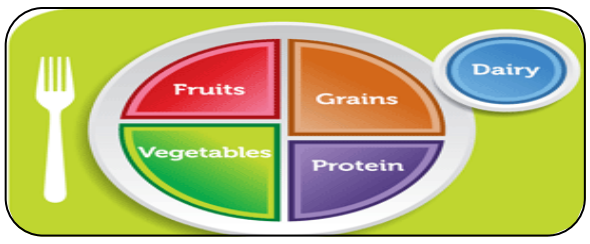
Dr. Carolyn Bershad, Director of Counseling
Kathryn Gallup, Senior Counselor
Tips and tools for building healthy relationships

"NEW Drugs of the Internet: Getting Amped on Ladybugs is Not a Good Thing"

October 30

Tracey H. Reilly, MD, Assistant Professor, Emergency Medicine and Medical Toxicology, Albany Medical College
Nontraditional, Emerging, Web-based Drugs: Discover why you'll NEVER want to use these drugs (again?)

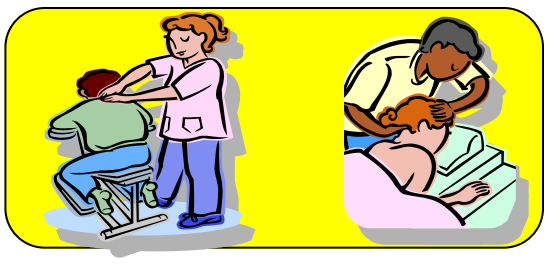
"How to Eat Well in College"



November 6

Andrea Hart, RD, CDN, Nutritionist—ASC
Tips for making healthy choices on and off campus

"Back to Massage"



November 13

Kirsten Carter, LMT, Graduate Student
Learn a great massage technique to reduce stress and pain. Bring a friend or pair up.
** 4 p.m. and 7 p.m. (Attend either one!)

***** If you need an accommodation to fully participate in these events, contact the Health Promotion Office at 607-753-2066.*****

~ Free and Open to the Public ~