

Workshops and Presentations

My Pyramid Workshop

Clancy Harrison

McGowan 223 October. 9, 2008

10am-11am

This interactive presentation will teach you that one size doesn't fit all with menu planning. You will learn how MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food intake and activity level.

Pride Points: 5

Blue Health Assessment

Ryan Barrett/Tracey Graham

McGowan 223 October. 10, 2008

9:30am-12pm

Living well starts with you and the choices that you make. So start on the path of wellness today by taking a Health Assessment. A Blue Health Solutions Coordinator is here to help you. This questionnaire that includes questions about your health and wellness habits, takes just 10 to 15 minutes to complete.

Pride Points: 25

Nutritional Workshop

Susan Hurd

Fitzgerald Room

September. 17, 2008

12pm-1pm

"Fall for Harvest", Explore the health benefits of fall's bountiful foods in this program. Learn about the buzz on antioxidants. Our lunch buffet will be rich in fall color, loaded with good nutrition.

Pride Points: 5

Nutritional Workshop

Susan Hurd

Fitzgerald Room

October. 29, 2008

12pm-1pm

"Picky Portions-Help Kids Help themselves at the table" Picky eaters, overeaters, under-eaters. Are these issues affecting our children's health and will they impact their adult lives? Our Registered Dietitian, and mom of 2, will tackle these topics to promote a better family balance at meals.

Pride Points:5

Holiday Eating

Susan Hurd

Snyder Room

November. 12, 2008

12pm-1pm

"Avoid the Holiday Eight-Gain. In this session we'll look at some common weight pitfalls and tricks to dealing with them to prevent those post-holiday pounds. We'll feast on a sumptuous holiday meal with a few lightened recipes, and enjoy a live Chef's Cooking Demonstration.

Pride Points: 5

Freedom from Smoking

Mary Ellen Marriggi

Friedman Room 113

Oct. 2-Nov. 20

2:30pm-3:30pm

This series will provide smokers with a comprehensive behavior-oriented program geared toward group interaction and support.

Pride Points: 15

Weight Watchers

Molewski Room 109

Oct. 2-Nov. 20

1pm-2pm

Stop Dieting and Start Living! This program will teach you how to eat right and live healthy so you can lose the weight and keep it off. Cost of the program is \$80.00, with a possible reimbursement of up to \$40.00 based on participation.

Pride Points: 15

