

## Health Promotion Calendar 2010-2011

### AUGUST

- 23 The Healthy Student is the Prepared Student! 10:30am-1:30pm, Atrium  
School Supply Drive for SSFS 10:30am-1:30pm, Atrium  
Don't Mess with Stress Seminar 2pm, Office of Student Retention & Involvement
- 24 The Healthy Student is the Prepared Student! 10:30am-1:30pm, Atrium  
School Supply Drive for SSFS 10:30am-1:30pm, Atrium  
Don't Mess with Stress Seminar 2pm, Office of Student Retention & Involvement
- 31 Peer Educator Recruitment 10:30am-1:30pm, Atrium

### SEPTEMBER

- 1 Peer Educator Recruitment 10:30am-1:30pm, Atrium  
Peer Education Orientation 2pm-3:30pm, Student Retention & Involvement
- 8 Turn Your Lemons Into Lemonade 10:30am-1:30pm, Atrium  
National Suicide Prevention Day 10:30am-1:30pm, Atrium  
Stress Free Student Seminar 2pm, Student Retention & Involvement
- 15 Health Spotlight: Hispanic Heritage Month 10:30am-1:30pm, Atrium
- 22 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing

### OCTOBER

- 12 NCAA Week: Fun with Mocktails 10:30am-1:30pm, Atrium
- 13 NCAA Week: Walk the Line 10:30am-1:30pm, Atrium
- 19 Silent Witness and SSFS Resource Table 10:30am-1:30pm, Atrium  
Clothesline Project 10:30am-1:30pm, Atrium  
How to Help a Friend Seminar 2pm, Office of Student Retention & Involvement
- 20 Silent Witness and SSFS Resource Table 10:30am-1:30pm, Atrium  
Clothesline Project 10:30am-1:30pm, Atrium  
How to Help a Friend Seminar 2pm, Office of Student Retention & Involvement
- 27 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing

### NOVEMBER

- 13 Student and Family Health Fair 10:00am-2:00pm, Atrium
- 17 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing

## DECEMBER

- 1 Winter Staying Healthy Plan 10:30am-1:30pm, Atrium
- 8 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing
- 13 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium
- 14 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium
- 15 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium

## JANUARY

- 17 The Healthy Student is the Prepared Student! 10:30am-1:30pm, Atrium  
Don't Mess with Stress Seminar 2pm, Office of Student Retention & Involvement  
Peer Educator Recruitment 11am-1pm, Atrium
- 18 The Healthy Student is the Prepared Student! 10:30am-1:30pm, Atrium  
Don't Mess with Stress Seminar 2pm, Office of Student Retention & Involvement  
Peer Educator Recruitment 10:30am-1:30pm, Atrium
- 26 Check Your Neck: Thyroid Awareness Month 10:30am-1:30pm, Atrium

## FEBRUARY

- 9 Health Spotlight: Black History Awareness Month 10:30am-1:30pm, Atrium
- 14 Celebrate Valentine's Day with a Healthy Relationship 10:30am-1:30pm, Atrium  
Healthy Relationships Seminar 2pm, Office of Student Retention & Involvement
- 16 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing
- 23 Have a Heart? Want to Keep It? 10:30am-1:30pm, Atrium  
Reduce your Cancer Risk 10:30am-1:30pm, Atrium

## MARCH

- 16 Be a Donor! Organ/Tissue Donation Awareness & Fundraiser 10:30am-1:30pm,  
Atrium  
Bone Marrow Donation Drive 10:30am-1:30pm, Atrium
- 23 Recession-Proof Healthy Eating, 10:30am-1:30pm, Atrium  
Recession-Proof Healthy Eating Seminar, 2pm, Student Retention & Involvement
- 30 Ask the Sexpert! Condom Distribution 10:30am-1:30pm, Atrium  
HIV Testing

## APRIL

- 13 Celebrate Life! Health Fair & HIV Testing 10am-2pm, Atrium

MAY

16 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium

17 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium

18 Finals Stress Relief – Free Massages 10:30am-1:30pm, Atrium

20 Relay for Life

\*Ongoing:

Cell Phone Drive for SSFS

Walk of Hope Recruitment/Fundraiser

Relay for Life Recruitment/Fundraiser