

Fall '09

Wellness Workshop Series



(Most workshops last ~1 hour and co-curricular transcript credit is available!)

Date, Time, and Location	Program	Presented By
Thursday, Sept. 10, 5 pm <i>Holly J</i>	<u>“College Cooking 101”</u> Want to learn how to make meals in college? Join USF’s registered dietitian Kim May as she prepares a healthy meal. Watch a cooking demonstration and sample free food items! No RSVP required but spaces are limited.	Kim May, RD, LD/N
Wednesday, Sept. 23, 6 pm <i>Juniper-Poplar RM 1317</i>	<u>“How To Work Your ABT’s: Abs, Buns, & Thighs”</u> Having trouble with your ABT’s? This dynamic workshop will give you tips & exercises to target those areas. So put on your sneakers, class is in session! Wear workout attire.	Nakreshia Causey, Fitness Graduate Assistant, AFAA- CPT
Wednesday, Sept. 30, 2 pm <i>Juniper-Poplar RM 1317</i>	<u>“Keep the Swine Out of Bulls Country”</u> Learn the basics about H1N1, prevention tips, and how to keep your immune system healthy all semester long. Free wallet card thermometers will be available for all student participants.	Dr. Egilda Terenzi, Anne Friesel, M.Ed., ACSM-HFS, & Holly Rayko, M.A, M.P.H
Tuesday, Oct. 20, 1 pm <i>Counseling Center Conf. Room, SVC 2126</i>	<u>“Sleepless At USF: Ways To Improve Your Sleep”</u> This workshop will include a discussion of factors that prevent you from getting a good night’s sleep. You will learn techniques to relax and improve the quality of your sleep.	Anca Mirsu-Paun, Ph.D. & Swapna Mukherjea, M.D.
Tuesday, Oct. 27, 12 pm <i>Counseling Center Conf. Room, SVC 2126</i>	<u>“Does Your Name Have Two Faces? Identity Theft: A Growing Problem for Students”</u> This workshop will explore the various aspects of identity theft, how this crime is committed, and what you can do to prevent it.	Stephanie Helfricht, Advocate/Educator, FL Certified Victim Services Practitioner
Tuesday, Nov. 3, 1 pm <i>Counseling Center Conference Room, SVC 2126</i>	<u>“The Power of Choice: You Can Take Charge of Your Life!”</u> Learn how to use the power of choice to improve decision-making, to take charge of your life, and make your dreams and goals become a reality.	Kristen Davis-John, Ph.D.
Tuesday, Nov. 3, 4 pm <i>REC 011</i>	<u>“Yoga and Meditation 4 Stress Reduction”</u> Are you feeling stressed out? Overwhelmed? Stress is a combination of our perception of situations and changes in our physiology. Experiencing stress can be motivating, but when it is a constant part of your life it can negatively affect you! Are you interested in trying something new? Come learn about how the practice of Yoga and Meditation can help to reduce your stress level and restore a sense of health and wellbeing in your life!	Shan Rampersaud & Abby Saneholtz, Psy. D.

Advocacy Program
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Campus Recreation
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Counseling Center
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Student Health Services
813-974-2331

www.sa.usf.edu/wellness