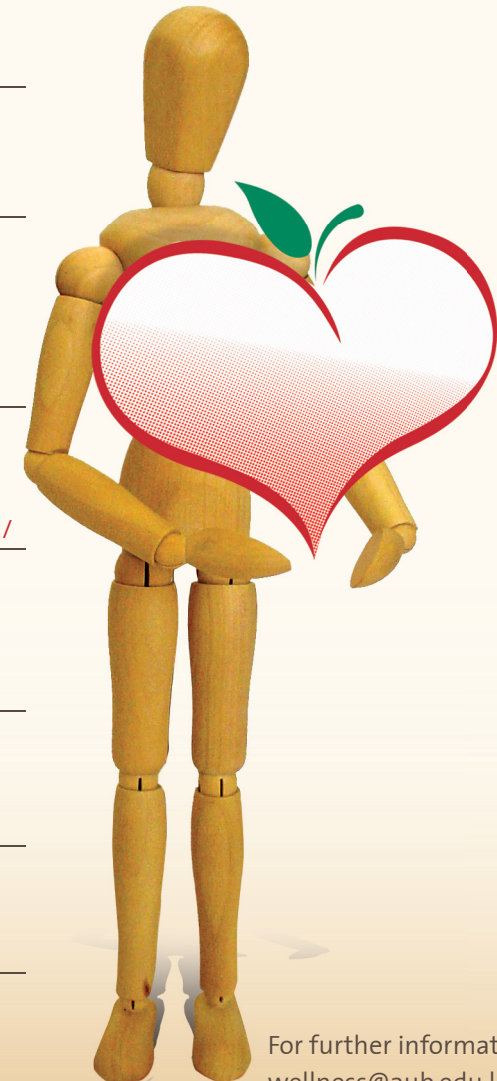


University Wellness Program Activities 2009 - 2010



Activity	Date	Time	Location
Flu Awareness Campaign			
University Wellness Program Information Booth	Wednesday, October 21, 2009 (AUB Clubs Day)	9:00am-3:00pm	West Hall, Front Area
A Taste of Fitness: "Try it you'll like it"	Monday, Nov. 2, 2009: Yoga Tuesday, Nov. 3, 2009: Aerobics Wednesday, Nov. 4, 2009: Pilates Thursday, Nov. 5, 2009: Pump Friday, Nov. 6, 2009: Cardio	5:00-6:00 pm	Charles Hostler Student Center, Activity Room
Fit-a-thon	Friday, November 6, 2009	12:00-1:00pm	Start / End Point: AUB Track- Green Field For registration: http://staff.aub.edu.lb/~webchsc/
Heart Saver CPR Certification Session	Wednesday, November 11, 2009	1:00-4:00pm	Clinical and Professional Development Center, Rafik Hariri School of Nursing, Room 206
COPE: Communicating our Problems Effectively	Tuesday, December 8, 2009 Wednesday, December 9, 2009	2:00 - 4:00 pm 2:00 - 4:00 pm	West Hall, Auditorium A
Back & Neck Pain at Work	Wednesday, February 17, 2010 Thursday, February 18, 2010 Friday, February 19, 2010	12:00-1:00 pm 1:00-2:00 pm 3:00-4:00 pm	West Hall, Auditorium A
You think what you Eat	Wednesday, March 17, 2010	5:30-7:30 pm	New Women's Dormitory Basement



Registration required for all activities.

For further information or inquiries:
wellness@aub.edu.lb
www.wellness.aub.edu.lb