

Agenda of Activities 2010 - 2011



ALL YEAR ACTIVITIES

First Aid Training Sessions for Faculty & Staff*

BE PREPARED!
25 hour training on basic medical emergency first aid provided by the Lebanese Red Cross.

E-mail wellness@aub.edu.lb for information

Pilates

Lets exercise! Join the bi-weekly Pilates sessions with the compliments of the AUB Wellness Program.

E-mail wellness@aub.edu.lb for information

OCTOBER

What are we doing this year?

Visit our information booth, get to know more about the program and the latest activities, have all your questions answered, and get many freebies!

Wednesday, October 6, 2010
9:00 am - 3:00 pm
West Hall, Front area

The Root of Fitness | I

Give the new evolution of group fitness a try! Try out the newly introduced concept of Radical Fitness. A fun exercise experience that get your body moving.

Monday, October 18, 2010
to Friday, October 22, 2010
5:00 pm - 6:00 pm
CHSC, Activity Room

Food Labels Made Easy*

Identifying the nutrition label required on food packages to help make food choices that meet the Dietary Guidelines and promote good health.

Wednesday, October 27, 2010
4:30 pm - 6:30 pm
West Hall, Auditorium A

NOVEMBER

AUB's 2nd Annual Fit-a-thon

Get the chance to exercise, participate in fun games and activities, and learn more about healthy nutrition.

Friday, November 12, 2010
Walk: 12:00 pm - 1:00 pm
Nutrition Booths: 12:00 pm - 3:00 pm

STARTING POINT:

AUB Track - Green Field

END POINT:

Green Oval

DECEMBER

Home Food Safety

Food safety at home is in your hands! Discover the important habits and roles consumers play in preparing foods safely in their own homes...

Wednesday, December 8, 2010
12:30 pm - 1:30 pm
West Hall, Auditorium A

Holiday Food Safety

Find out about everything you'll need to have a festive, delicious, food-safe celebrations...

Thursday, December 9, 2010
1:00 pm - 2:00 pm
West Hall, Auditorium A

JANUARY

Back and Neck Pain at Work: A Solution*

AUBMC physiotherapists are here to the rescue! Learn about the causes and solutions to your back and neck pain and get the chance to practice the recommended exercises under professional care.

Monday, January 17, 2011
1:00 pm - 2:00 pm

Tuesday, January 18, 2011
12:00 pm - 1:00 pm

Thursday, January 20, 2011
12:00 pm - 1:00 pm

Friday, January 21, 2011
1:00 pm - 2:00 pm
West Hall, Auditorium A

AUB Departments Play for Health*

AUB FACULTY MEMBERS AND STAFF:
Grab the opportunity to experience fun, recreational, social and competitive on-campus sports activities!

Come on, Put your Team Together!

January 24 - February 18, 2011
To be determined
Charles Hostler Student Center

FEBRUARY

Graffiti Art- Challenge your knowledge

A creative activity that will bring out your knowledge about substance abuse. Write on the wall of myths and facts. COME and do some GRAFITTI. It's your chance to be creative.

Monday, February 21, 2011
to Friday, February 25, 2011
10:00 am - 3:00 pm
Main Gate | Medical Gate | Lower Campus Gates

Drugs Don't Play Here

Enjoy a body building show and share with body builders and other professional athletes and sports experts their experience with sports doping. Have all your questions about drug use in sports, supplements, muscle building, etc... Answered by Professionals.

Wednesday, February 23, 2011
6:00 pm - 8:00 pm
Charles Hostler Student Center Auditorium

MARCH

The Root of Fitness | II

Keep your body moving! Try out the second session of the newly introduced concept of Radical Fitness.

Monday, March 7, 2011
to Friday, March 11, 2011
5:00 pm - 6:00 pm
CHSC, Activity Room

Food for Brain*

Identify and select food groups and items that help optimize brain and whole body function especially during stressful periods such as exams.

Wednesday, March 23, 2011
4:30 pm - 6:30 pm
West Hall, Auditorium A

APRIL

Sexuality Myths and Realities

Have all your questions about general sexuality issues, sexually transmitted infections, birth control, and cervical cancer prevention answered in fun and interactive activities.

Wednesday, April 6, 2011
4:00 pm - 5:30 pm
West Hall, Auditorium A



University Health Services
AUB Wellness Program

*Registration required via wellness@aub.edu.lb

For any information or inquiries, please do not hesitate to contact us via wellness@aub.edu.lb
Visit our website
www.wellness.aub.edu.lb