

WELLNESS PROGRAM AGENDA OF ACTIVITIES 2015 -2016

SEPTEMBER 2015

INTERNATIONAL DAY OF THE OLDER POPULATION

Date: September 27, 2015
Location: Rene Mouawad (Sanayeh) Garden
Time: 10:00 am - 6:00 pm

FEBRUARY 2016

YOGA AT YOUR DESK WORKSHOP

Date: Throughout the whole month
Location: TBA
Time: TBA

OCTOBER 2015

FIT A THON

Date: October 9, 2015
Location: West Hall, AUB
Time: 12:00 pm - 3:00 pm

MARCH 2016

FOOD SAFETY AWARENESS

Date: March 8, 2016
Location: AUBMC Cafeteria
Time: 12:00 pm - 2:00 pm

NOVEMBER 2015

WORLD DIABETES DAY

Date: November 14, 2015
Location: TBA
Time: TBA

APRIL 2016

WELLNESS FAIR

Date: April 13, 2016
Location: West Hall, AUB
Time: 10:00 am - 3:00 pm

DECEMBER 2015

HEALTHY HOLIDAYS

Date: December 15, 2015
Location: AUB and AUBMC Cafeteria
Time: 12:00 pm - 2:00 pm

MAY 2016

DEPARTMENTS PLAY FOR HEALTH

Date: TBA
Location: Charles Hostler Student Center
Time: TBA

JANUARY 2016

BE YOUR OWN DOCTOR

Date: January 27, 2015
Location: West Hall, AUB
Time: 10:00 am - 11:00 am

JUNE 2016

SUNBURNS PREVENTION

Date: June 15, 2016
Location: AUB and AUBMC Cafeteria
Time: 12:00 pm - 2:00 pm