



HUMAN RESOURCES

Employee Development and Wellness Services



Upcoming Events for February, 2012

“American Heart Month”

- February 1** **Wellness Wednesdays – “Women’s Heart Health”**
Presented by Dr. Gina Lundburg, St. Joseph’s Women’s Heart Center, American Heart Association, UC 465, 11AM-12PM
- February 2** **First Thursdays Health Screenings** - Come out and get healthy! We offer monthly health check screenings and Health Awareness information. Every first Thursday! Also, **come out and try the new Wii Sport Interactive Game!** Sparks Hall, 3rd Floor, Room 332, 1PM-4PM
Register to Vote- Are you ready for the 2012 elections? Are you registered? If not, here’s your opportunity to get registered! Library Plaza, 10AM-1PM
- February 3** **Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation.
The cost per session is \$14. Discounts are available! UC 485, 12PM - 1PM
Guided Meditation - Try our new offering! Guided meditation offered on an individual basis.
Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
Good Measure Meals Open House 11AM-1PM 332 Sparks Wellness Center. Sign up for and taste GMM offerings!
- February 3** **Table & Chair Massage**- We have a Licensed Massage Therapist here on campus! Give us a call for more details or to set up your next massage experience! By appointment only, please call 404-413-3342
- February 7** **Take Action Tuesdays**- Blood Pressure Management Series Part 1, Park Place, Basement Level Training Room, 11-11:45a
Thyroid (TSH) Testing- Instant read TSH finger prick test available, Cost is \$7- sign up by contacting edws@gsu.edu or 404-413-3342.
1Park Place Basement Level, Training Room, 12PM-1:00PM
Quit Tobacco Tuesdays-1 Park Place, Basement Level Training Room, Noon-1 PM
Weight Watchers at Work- We are still registering for the new monthly pass here at GSU, COE Building, Room 1030, 12:30PM-1:30PM
- February 8** **Wellness Wednesdays – “Effects of Dental Health on the Body”** UC 465, 11AM-12PM
- February 10** **Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation.
The cost per session is \$14. Discounts are available! UC 485, Noon -1PM
Guided Meditation - Try our new offering! Guided meditation offered on an individual basis.
Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
- February 10** **Individual Health Coaching** – FREE 30 min. appointment with certified health coach to help you achieve your health goals.
By appointment only, 8-11am and 12-2pm. 332 Sparks Hall – Wellness Center
- February 13** **Wellness on Wheels – FREE Health Screenings and Information.** Blood pressure and blood sugar testing available. Andrew Young School of Policy Lobby, 9-11AM.
- February 14** **Take Action Tuesdays**- Blood Pressure Management Series Part 2, Park Place, Basement Level Training Room, 11-11:45AM
Quit Tobacco Tuesdays-1 Park Place, Basement Level Training Room, Noon-1 PM
Weight Watchers at Work- We are still registering for the new monthly pass here at GSU, COE Building, Room 1030, 12:30PM-1:30PM
- February 15** **Wellness Wednesdays – “Metabolic Syndrome and Heart Health”**
Presented by Dr. Jerry Brandon, Professor, Kinesiology and Health Department, GSU, UC 465, 11AM-12PM
- February 17** **Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation.
The cost per session is \$14. Discounts are available! UC 485, Noon - 1PM
Guided Meditation - Try our new offering! Guided meditation offered on an individual basis.
Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
- February 17** **Table & Chair Massage**- We have a Licensed Massage Therapist here on campus! Give us a call for more details or to set up your next massage experience! By appointment only, please call 404-413-3342
- February 21** **Take Action Tuesdays**- Blood Pressure Management Series Part 3, Park Place, Basement Level Training Room, 11-11:45a
Quit Tobacco Tuesdays-1 Park Place, Basement Level Training Room, Noon-1 PM
Weight Watchers at Work- We are still registering for the new monthly pass here at GSU, COE Building, Room 1030, 12:30PM-1:30PM
- February 13** **Wellness on Wheels – FREE Health Screenings and Information.** Blood pressure and blood sugar testing available. Facilities Breakroom, 9-11AM.
- February 22** **Walk N Talk** 12PM-1PM, Rec Center, **Get a FREE T-SHIRT**
- February 24** **Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation.
The cost per session is \$14. Discounts are available! UC 485, Noon -1PM
Guided Meditation - Try our new offering! Guided meditation offered on an individual basis.
Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
- February 24** **Individual Health Coaching** – FREE 30 min. appointment with certified health coach to help you achieve your health goals.
By appointment only, 9AM-2PM. 332 Sparks Hall – Wellness Center
- February 28** **Take Action Tuesdays**- Blood Pressure Management Series Part 4, Park Place, Basement Level Training Room, 11-11:45a
Quit Tobacco Tuesdays-1 Park Place, Basement Level Training Room, Noon-1 PM
Weight Watchers at Work- We are still registering for the new monthly pass here at GSU, COE Building, Room 1030, 12:30PM-1:30PM

For additional information or to register, please call 404-413-3342 or email edws@gsu.edu

