



American University of Beirut
Wellness Program

AGENDA OF ACTIVITIES 2011-12

OCTOBER

LAUGHTER YOGA

Laugh your blues away and come join our unique laughter yoga sessions.

Wednesday, October 12, 2011

4:00–5:00 pm

West Hall, Auditorium C

ROOT OF FITNESS I

Seven days without exercise makes one WEAK. Turn your life right around and join our fitness sessions

Monday, October 17–Friday, October 21, 2011

5:00–6:00 pm

Hostler Center, Activity Room

NOVEMBER

SPORTS PRACTICE MAKES PERFECT

Practice as if you are the worst, perform as if you are the best. The Dos and Dots involved in team preparation for tournaments.

Monday, November 7, 2011

5:00–7:00 pm

Hostler Center Auditorium

AUB THIRD ANNUAL FIT-A-THON

Enjoy the walk with us, come back with fresh air in your lungs and fresh ideas in your minds.

Friday, November 11, 2011

12:00–3:00 pm

AUB Track, Green Field

LAUGHTER YOGA (SESSION 2)

Thursday, November 24th, 2011

11:00 am–12:00 pm

West Hall, Auditorium C

DECEMBER

HEALTHY MEALS 101

We provide you with a live show on how to make quick, healthy meals. Learn to savor the flavor of a healthier lifestyle.

Thursday, December 1, 2011

12:00–5:00 pm

West Hall, Auditorium A

JANUARY

AUB DEPARTMENTS PLAY FOR HEALTH

Have you got what it takes? Sign up to be part of a tournament between the departments. This is your chance to shine!

Monday, January 9–Friday, February 10, 2012

FEBRUARY

DO YOU STRESS ON EXAMS? WE GOT SOLUTIONS!

Learn techniques to manage your exam anxiety in a constructive manner, making way for more efficient studying and better scores.

Wednesday and Thursday, February 22 and 23, 2012

Hostler Center Auditorium

MARCH

ROOT OF FITNESS II

Monday, March 5–Friday, March 9, 2012

5:00pm–6:00pm

Hostler Center, Activity Room

WHAT TO EXPECT WHEN YOU ARE EXPECTING

If you are planning on getting pregnant in the near future, already pregnant or just had a baby, this event is tailored for you. All questions related to nutrition, health and lifestyle will be answered. Don't miss out!

Postponed. Date and time to be announced later.

West Hall, Auditorium B

AN ERGONOMICAL HEAVEN AT THE WORKPLACE

Join us for a session with tips on how to maintain healthy workplace habits. We will be available later on, to take pictures of your workplace and advise you on improving your quality of work life.

Tuesday and Wednesday, March 27 and 28, 2012

1:00–2:00 pm

West Hall, Auditorium A

APRIL

ORGANIZATIONAL STRESS MANAGEMENT

Join us for tips and strategies designed to overcome stress at work. The activity will be postponed until further notice.

LUNCHBOX SAFETY

Play it Smart from the Start- Bring your lunchbox and eat with us while you examine the safety of your lunch box.

Thursday, April 17, 2012

12.30–1.30 pm

Auditorium C

LAUGHTER YOGA (SESSION 3)

Tuesday, April 19th, 2012

3.00–4.00 pm

Auditorium C

ROADMAP TO SEXUALITY

Meet your sex expectations in our informative lecture encompassing STI's, cervical cancer, conception and much more!

Wednesday, April 25, 2012

4.30–6.00 pm

West Hall, Auditorium B

STAY TRUE... DOPING IS NOT FOR YOU!

Join our sports 'Anti-doping' event as we discuss the hot topic of sports doping. Share your questions with our panel of professionals in the field.

Monday, April 30, 2012

Hostler Center Auditorium

MAY

LAUGHTER YOGA (SESSION 4)

Thursday, May 8, 2012

3.00–4.00 pm

West Hall, Room 402

DID YOU KNOW? ! ABUL ABED HAS DARK LUNGS?

Be there or beware! Smoking arguileh has become a widespread habit, stemming from traditional customs. But who's to say all traditions are good? Share your ideas and opinions with us.

Monday, and Tuesday, May 14 and 15, 2012

West Hall and College Hall respectively

Registration required via wellness@aub.edu.lb

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

ALL YEAR ROUND ACTIVITIES

LEBANESE RED CROSS

First Aid training sessions for faculty and staff
25 hour training on basic medical emergency first aid, provided by the Lebanese Red Cross

PILATES

Join the bi-weekly pilates sessions with the compliments of the AUB Wellness Program.

SMOKING CESSATION

Trash the ash and join our 8-week smoking cessation program designed to improve your quality of life.