

Agenda of Activities | 2012 2013

October

World Mental Health Day Campaign

⇒ October 10, 2012 | Westhall

November

AUB Fourth Annual FIT A THON

Get moving and join us for a chance to exercise and participate in fun games and nutrition-related activities.

⇒ November 2, 2012
Walk: 12:00 pm -1:00 pm
AUB Track-Green Field
Games and Booths:
12:00 pm-3:00 pm
Westhall | Green Oval

December

Eating Well while Eating Out

Join us to find out how to make healthy food choices when eating out at a cafeteria, restaurant, café...

⇒ December 14, 2012
12:30-2:00 pm
Westhall | Auditorium A

January

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 2013-February 2013
(To be determined)
Charles Hostler Student Center

February

Taking the Stress Out of Exams

For many students, exam time is the most stressful part of the academic year. Join us for a session with tips on how to manage your exam anxiety in a

constructive manner and make way for more efficient studying hence better scores.

⇒ February 22, 2013
3:30 pm – 5:00 pm
Westhall | Auditorium A

March

Managing Stress at Work

Stress in the workplace can make people dread walking into the office every morning, and worry about their jobs at night! Join us for a session with tips and strategies designed to overcome stress at work.

⇒ March 15, 2013
12:30 pm- 2:00 pm
Westhall | Auditorium A

April

Lunchbox safety

Play it smart from the start- Bring your lunchbox and eat with us while you examine the safety of your food.

⇒ April 18, 2013
12:30-2:00 pm
Westhall | Auditorium B

AUB vs. AUBMC Football Game

⇒ Date to be determined
Green Field

May

Roadmap to Sexuality

Meet your “sexexpectations” in our informative lecture encompassing STI’s, cervical cancer, conception and much more!

⇒ May 8, 2013
4:30-6:00 pm
Westhall | Auditorium B

June

Field Day

⇒ Date to be determined

All Year Round Activities

Lebanese Red Cross

First aid training sessions for faculty and staff on basic medical emergency first aid

Pilates

Free bi-weekly Pilates sessions for all faculty and staff members! All are welcome to attend regardless of age or fitness level.

Smoking Cessation

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

Ergonomics Sessions

Ergonomics sessions with tips on how to maintain healthy workplace habits.

*Registration for any of the above activities is required via wellness@aub.edu.lb

*For any further information or inquiries, please do not hesitate to contact us: **phone number, ext: 3002**