

WELLNESS PROGRAM AGENDA OF ACTIVITIES 2013 - 2014

OCTOBER 2013

- * **WORLD MENTAL HEALTH DAY**
 Date: October 10, 2013
 Location: West Hall – Building 56,
 ground floor
 Time: 10:00 am - 5:00 pm
- * **FIT A THON**
 Date: October 11, 2013
 Location: Walk: AUB Track - Green Field
 Games and Booths:
 Green Oval
 Walk: 12:00 pm - 1:00 pm
 Booth: 1:00 pm - 3:00 pm
- * **BREASTFEEDING IS BEAUTIFUL**
 Date: October 25, 2013
 Location: Saab Medical Library Plaza, AUB
 Time: 4:00 pm - 6:00 pm

NOVEMBER 2013

- * **RUN AUB RUN**
 Date: November 10, 2013
- * **WORLD DIABETES DAY**
 Date: November 14, 2013
 Location: Building 56, ground floor
 Time: 10:00 am - 3:00 pm

DECEMBER 2013

- * **WORLD AIDS DAY**
 Date: December 2, 2013
 Location: West Hall
 Time: 12:00 pm - 2:00 pm

JANUARY 2014

- * **HEALTHY COOKING CONTEST**
 Date: January 20 - 24, 2014
 Location: Pilot Plant
 Time: 5:00 pm - 7:00 pm

FEBRUARY 2014

- * **WORLD CANCER DAY**
 Date: February 4, 2014
 Location: West Hall; Building 56
 (ground floor)
 Time: 10:00 am - 3:00 pm

MARCH 2014

- * **INTERNATIONAL WOMEN'S DAY**
 Date: March 10, 2014
 Location: West Hall
 Time: 11:00 am - 2:00 pm
- * **NUTRITION MONTH**
 Date: Throughout the whole month
 Location: West Hall
 Time: 10:00 am - 12:00 pm

APRIL 2014

- * **WELLNESS FAIR**
 Date: April 8, 2014
 Location: West Hall
 Time: 10:00 am - 3:00 pm

MAY 2014

- * **DEPARTMENTS PLAY FOR HEALTH**
 Date: May 12 - 23, 2014
 Location: Charles Hostler Student Center
 Time: To be determined

JUNE 2014

- * **FIELD DAY**
 Date: June 20, 2014
 Location: Green Field
 Time: 5:00 pm - 7:00 pm

ALL YEAR ROUND ACTIVITIES

- * **LEBANESE RED CROSS**
 First aid training sessions for faculty and staff on basic medical emergency first aid, provided by the Lebanese Red Cross.
- * **PILATES**
 Join our free bi-weekly Pilates sessions for all faculty and staff members!
- * **SMOKING CESSATION**
 Trash the ash and join our 8-week smoking cessation program designed to improve your quality of life.
- * **ERGONOMICS SITE VISITS**

* 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:
 Ext: 3002 or email: wellness@aub.edu.lb