

WELLNESS PROGRAM AGENDA OF ACTIVITIES 2014 - 2015

SEPTEMBER 2014

- * **KICK IT RIGHT!**
 Date: September 16, 2014
 Location: AUB West Hall and Lower Campus
 Time: 9:00 am - 2:00 pm

OCTOBER 2014

- * **FIT A THON**
 Date: October 10, 2014
 Location: AUB West Hall
 Walk: 12:00 pm - 3:00 pm

NOVEMBER 2014

- * **STAY FIT & HEALTHY**
 Date: November 7 & 8, 2014
 Time: 10:00 am - 3:00 pm

DECEMBER 2014

- * **BE YOUR OWN DOCTOR**
 Date: December 10, 2014
 Time: 10:00 am - 11:00 am

JANUARY 2015

- * **HEALTHY COOKING CONTEST**
 Date: January 14, 2015
 Location: Pilot Plant
 Time: 5:00 pm - 7:00 pm

FEBRUARY 2015

- * **IT'S YOGA TIME!**
 Throughout the whole month
- * **FOOD SAFETY**
 Date: February 16, 2015:

MARCH 2015

- * **EATING WELL WHILE EATING OUT**
 Date: March 10, 2015

APRIL 2015

- * **WELLNESS FAIR**
 Date: April 14, 2015
 Location: AUB West Hall
 Time: 10:00 am - 3:00 pm

MAY 2015

- * **FIELD DAY**
 Date: May 9, 2015
 Location: Green Field
- * **DEPARTMENTS PLAY FOR HEALTH**
 Date: May 12 - 18, 2015
 Location: Charles Hostler Student Center

JUNE 2015

- * **WORLD NO TOBACCO DAY**
 Date: June 20, 2015

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