### Health Promotion Programs

#### Welcome Back with Wellness
*Thurs 1/11 • 11am-1pm • SRAC 1220*
Drop by the Wellness office to say hello and make your own trail mix!

#### Health Fair
*Tues 3/13 • 9am-5pm • SRAC MAC Gym*
Over 15 free health screenings! Learn what health and wellness resources KSU and the local community has to offer. There will be health related giveaways and activities!

#### Stress Less for Success: Relaxation Station
*Mon 3/5 • 12-2 pm • Student Center, University Rooms (Kennesaw)*
Wed 4/25 • 12-2 pm • Student Center, Ballrooms (Marietta)
Come de-stress through a Labyrinth walk, chair massage, stretching/breathing exercises, coloring, and making your own stress ball.

#### Adult & Pediatric First Aid/CPR/AED
*Fridays • SRAC 1220 • Kennesaw*
3/9 • 10-12:30pm or 1:30-4pm
4/20 • 10-12:30pm or 1:30-4pm
4/27 • 10-12:30pm or 1:30-4pm
Get certified through the American Red Cross and be prepared to help others in an emergency. Cost $38.

### Peer Health Education

#### Love Languages
*Wed 2/14 • 5:30-7:30pm • SRAC 1220*
No matter your relationship status... Come learn how to communicate with others at our love languages workshop!

#### We’ve Got Your BAC
*Tues 2/27 • 2-4pm • Social Sciences Building Lobby (Kennesaw)*
Join the Peer Health OWLS to get your own personalized BAC (Blood Alcohol Concentration) card and learn about safe and responsible drinking.

#### Safe Spring Break
*Thurs 3/29 • 2-5pm • Campus Green*
Stop by to learn about how to stay safe this spring break. We’ll have alcohol education, BAC cards, and fun games!

#### HIV and Hepatitis C Testing
*Tues 1/23 • 11am-2pm • SRAC 1220*
*Tues 2/13 • 11am-2pm • SRAC 1220*
*Wed 3/28 • 11am-2pm • Student Center Ballroom B (Marietta)*
*Tues 4/10 • 11am-2pm • SRAC 1220*
FREE and CONFIDENTIAL rapid HIV and Hepatitis C testing each month! Condoms and other contraceptives will be provided.

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**Cooking Demos**

Learn how to make delicious and budget-friendly meals! Space is limited and registration required. Call to reserve your seat! All demos held in SRAC 1220.

#### Chili & Chill
*Wed, 1/24 12:30-2:00 pm • Thurs, 1/25 5-6:30pm*
*Tues, 1/30** 12:30-2pm*
**Demonstration will also include a presentation on Stress Management by our Peer Health OWLS**

#### Let's Taco 'Bout It
*Tues, 2/6 12:30-2:00 pm • Wed, 2/7 12:30-2pm*
*Thurs, 2/8 5-6:30pm*

#### You Have A Pizza My Heart:
*Wed, 2/14 12:30-2pm*

#### You’ve Got Me Wonton More (DIY Filled Wontons)
*Tues, 2/20 12:30-2:00 pm • Wed, 2/21 12:30-2pm*
*Thurs, 2/22 5-6:30pm*

#### Baking the World A Better Place
*Wed, 2/28 12:30-2pm*

#### Hole Foods Baking Demo
*Tues, 3/6 12:30-2:00 pm • Wed, 3/7 12:30-2pm*
*Thurs, 3/8 5-6:30pm*
*Sushi Me Rollin’*
*Tues, 3/20 12:30-2:00 pm • Wed, 3/21 12:30-2pm*
*Thurs, 3/22 5-6:30pm*

#### Lettuce Celebrate Salads
*Tues, 4/17 12:30-2:00 pm • Wed, 4/18 12:30-2pm*
*Thurs, 4/19 5-6:30pm*

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**For additional information:**
470-578-6394
wellness.kennesaw.edu
wellctr@kennesaw.edu

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*SRAC rooms located in the Siegel Student Recreation and Activities Center, Kennesaw Campus*