

Health and Wellness Expo DT Campus

Elect HEALTH 2008! Come on by to the annual DT Health and Wellness Expo on Tuesday, October 21, 2008 from 9:00 am to 2:00 pm at the Frio Building Commons. We will feature over 50 exhibitors, activities line up, health screenings, and wellness resources from all over San Antonio. Screenings available: blood glucose and cholesterol checks, vision screenings, blood pressure, alcohol and mental health screenings, flu clinic, free HIV testing, workplace ergonomics and safety, dental health, spinal screening, blood pressure, information on allergies, smoking cessation, nutrition, diabetes, breast cancer, lupus, alcohol and drug use, and other social services. Special events line-up include Rolando Roman speaking on wellness, Death By Alcohol movie, and mind and body demos (see below for the scheduled line up). FREE to UTSA students, faculty and staff.

Event line up:

- 11:00 am** "The Importance of Nutrition, Exercise and Your Health. How can our UT System Living Well: Make it a Priority program help!". Guest Rolando Roman from the UT System Office of Employee Benefits will speak on the dietary guidelines, review food labels, exercise, smoking, blood pressure, cholesterol, and skin cancer. He will also include UT System plan resources and results of the America on the Move 2008. Register in TXClass (information TBA). Light refreshments. FS 1.402 multipurpose room. Sponsored by Human Resources.
- 12:00 pm** Mind/Body Demonstration presented by Campus Recreation. Learn infusion of mind and body techniques to achieve relaxation and wellness, physically and mentally. Bill Miller Plaza. Sponsored by Student Activities.
- 12:15 pm** Yoga Demonstration presented by Campus Recreation. Join campus Rec on a Yoga session at the Bill Miller Plaza. This is a perfect session as an introduction to the first-time learner as well as those who practice regularly. Sponsored by Student Activities.
- 12:30 pm** "Death by Alcohol" presented by Student Activities Be A Responsible Roadrunner, Kelsey Bratcher. The story chronicles the life of Samantha Spady who died from alcohol poisoning as a college student in Colorado State University. She was surrounded by friends in the evening of her passing and they did nothing to help her. Durango Building Student Activities Center. Sponsored by Student Activities.
- 12:30 pm** "The Importance of Nutrition, Exercise and Your Health. How can our UT System Living Well: Make it a Priority program help!". Guest Rolando Roman from the UT System Office of Employee Benefits will speak on the dietary guidelines, review food labels, exercise, smoking, blood pressure, cholesterol, and skin cancer. He will also include UT System plan resources and results of the America on the Move 2008. Register in TXClass (information TBA). Light refreshments. FS 1.402 multipurpose room. Sponsored by Human Resources.

The Health Fair is sponsored by Campus Recreation, Environmental Health, Safety, and Risk Management; Human Resources, and Student Health Services. For more information, contact Barbara Reyes from Student Health Services, Health Education and Promotion at 458-6428. Barbara.Reyes@utsa.edu.