HEALTH STARTS HERE
ROWDY WELLNESS WEEK
April 2-5, 2012
utsa.edu/health/RowdyWellness

In Collaboration with:
Aramark
Campus Recreation
College of Sciences
Counseling Services
Department of Health & Kinesiology
EHSRM Occupational Health
EHSRM Rowdy New U
Student Health Services

For more information:
call (210) 458-6428
Rowdy Wellness Week is UTSA's effort in observing National Public Health Week. For four days learn about the importance of early detection, research and innovation, health maintenance, stress reduction and staying fit. Open to the UTSA campus community.

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**MONDAY, APRIL 2ND**

“My Health. My Voice. My Campus.” Poster and Artwork Exhibit  
all day Campus Recreation Rotunda  
A showcase of artwork, literature and research by UTSA students that integrates a health-related focus.

**TUESDAY, APRIL 3RD**

“Nutrition on the RUN” Demo Kitchen  
10:00-11:00 am UC Paseo  
The Demo Kitchen is an interactive cooking demonstration. This instructional program teaches cooking techniques, recipes, and the nutritional content. The meals are designed to be healthy, inexpensive and contain ingredients that are easily used in other recipes. A sampling of the food demonstrated will be provided.

Heart Start  
12:00-1:00 pm West Lawn  
Heart Start is a campus-wide walking event in observance of National Walking Day. Let us meet up and enjoy the wonderful spring weather and get our legs moving. Rowdy New U Worksite Wellness program and Human Resources-Benefits will have give-aways for all participants. Also this is an opportunity for the faculty, staff, and students to sign up for the UT System Physical Activity Challenge. This is a chance to make UTSA the most active campus in the UT System and win a trophy!

Assessing Your Health Risks  
1:00-2:00 pm UC Mesquite  
Come and join an interactive discussion with Beth Wichman, MD, Director of Student Health Services, on health risks and utilizing different health assessment tools to determine your status. Followed by a short Ask the Doctor Q&A RSVP at 458-6428 SHS-Health Education. Limited to 40 people.

**WEDNESDAY, APRIL 4TH**

Exergaming Lab  
8:00 am-3:30 pm Durango Building  

Health Screenings  
10:00 am-1:00 pm UC Denman  
Get screened from head to toe. Check your blood pressure, blood glucose, anemia, and other screenings. Register at the door.

Lunch & Learn  
11:00 am-12:30 pm Roadrunner Café  
Learn to eat healthy using the ¡Por Vidal! program. The program identifies healthy dining choices established by the San Antonio Dietetics Association. To enroll, log in to https://mytraining.utsa.edu/td/  
Course: #PD585. Space is limited to 40 people.

**THURSDAY, APRIL 5TH**

“Nutrition on the RUN” Demo Kitchen  
10:00 am-11:00 am UC Paseo  
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**STUDENT HEALTH SERVICES**

**CHECK OUT THE WEBSITE FOR MORE DETAILS AND REGISTRATION FOR EACH ACTIVITY LISTED:**

UTSA.EDU/HEALTH/ROWDYWELLNESS