ready for someeal energy?

energize your health on

11/5/2010

9:30AM-5:00PM Plant Hall

part one: speaker series

9:30am-10:00am
bullying and the lgbt support group
Helanis Perez, M.S., UNMC, Health and Wellness Center

9:30am-10:00am
spartan slimdown program q&a session
Participants from this fall's weight loss program at McNiff

9:30am-10:00am
boosting your personal energy
Herald B. Woody, MD

9:30am-10:00am
optimizing protein consumption
Jacob M. Wilson, PhD

9:30am-10:00am
psychological barriers to weight mgmt.
Dr. Eunina Rodriguez

10:00am-11:00am
claiming your own spirituality and values
Carri Mitchell, PhD

10:00am-11:00am
*tai-chi
Pat Fendt

10:00am-11:00am
fat to fit
FIT Members

10:00am-11:00am
domestic violence: how to get out
Lakelena M. Russell

10:00am-11:00am
*move, relax, breathe, & meditate away stress
Jamie Blessinger

10:00am-11:00am
personal values and shaping your career
Marsha Sherman

10:00am-11:00am
*i love me: self-love yoga workshop
Melissa Carval

10:00am-11:00am
hookah: clearing the smoke
Catherine Okada

10:00am-11:00am
*the healing arts of emei qigong
Nana Yas Hiramoto

10:00am-11:00am
*a balanced workout to stay fit for the holidays
McNiff Personal Trainers

9:30am-10:00am
plant hall music room

9:30am-10:00am
plant hall grand salon

10:00am-11:00am
plant hall music room

10:00am-11:00am
plant hall grand salon

10:00am-11:00am
plant hall music room

11:00am-12:00pm
plant hall grand salon

11:00am-12:00pm
plant hall grand salon

12:00pm-1:00pm
outside riverside

12:00pm-1:00pm
plant hall music room

12:00pm-1:00pm
plant hall grand salon

12:00pm-1:00pm
outside riverside

1:00pm-2:00pm
plant hall grand salon

1:00pm-2:00pm
outside riverside

2:00pm-3:30pm
outside riverside

3:00pm-4:00pm
plant hall music room

4:00pm-5:00pm
plant hall music room

4:00 pm
plant hall music room

5:00 pm
mcniff center

**This session is hands-on practice. Please dress appropriately. Plan Location for Outside Presentations: McNiff Fitness Center

for more info, visit www.ut.edu/wellness/events