College of Health and Human Sciences
Health & Wellness Week
October 22-26, 2018

FEATUERED SPEAKERS • FITNESS CHALLENGES • COOKING DEMONSTRATIONS • HEALTH SCREENINGS • NUTRITION TABLES

@SJSUCHHS FOR MORE INFORMATION VISIT SJSU.EDU/CHHS

* Advanced registration required. To register for an event, visit sjsu.edu/chhs/healthandwellnessweek/descriptions

MON
10/22
- 10am-2pm Wash Away Disease! | Under Pressure? | SJSU to Zero | HeartMath® - Paseo de Cesar Chavez (All)
- 11am-1pm Occupational Balance - Paseo de Cesar Chavez (All)
- 12-1:45pm Posture Assessment - SPX Hallway 1st Floor (All)
- 2-3pm Mindfulness Interlude - SWC 122 (All)
- 2:30-4:30pm SJSU Fitness Challenge - SPX 107B (All)

TUE
10/23
- 10am-2pm Wash Away Disease! | Under Pressure? | SJSU to Zero | HeartMath® - Paseo de Cesar Chavez (All)
- 11am-1pm Occupational Balance - Paseo de Cesar Chavez (All)
- 11am-3pm Flu Shot Drop-in Clinic - SWC 122 (All)
- 12-1pm Canine Companions - Paseo de Cesar Chavez (All)
- 12-1pm Bike and Scooter Safety - Paseo de Cesar Chavez (All)
- 4:30-6pm Health and Human Sciences Service Awards & Special Guest Speaker Michele Lew - SU Theater (All)

WED
10/24
- 10am-2pm Wash Away Disease! | Under Pressure? | SJSU to Zero | HeartMath® - Paseo de Cesar Chavez (All)
- 10am-12:30pm 5 Ways to Play - Sport Club (Students)
- 11am-2pm Know Your Veggie Options - Paseo de Cesar Chavez (All)
- 11:30am-1:30pm Posture Assessment - SPX Hallway 1st Floor (All)
- 12-1pm A Health and Well-being Response to Improving Forensic Assessments and Legal Responses to Rape Kit Backlogs - MQH 526 (Students)
- 12-3pm Intimate Partner & Domestic Violence Resource Fair & SJSU Students Clothesline Project Paseo de Cesar Chavez (Students)
- 1:30-3:30pm Mini Aerobichon - SPX 107B (All)
- 2-4pm Start Smart Workshop* - SU Room 3A (All)
- 3:45-4:15pm CHEW Workshop* - SWC 122 Food Demo Lab (Students)
- 5-7pm Spartan Speaker Series: Shaun King - SU Ballroom (All)

THUR
10/25
- 10am-2pm Wash Away Disease! | Under Pressure? | SJSU to Zero | HeartMath® - Paseo de Cesar Chavez (All)
- 10am-12pm Career Wellness - Paseo de Cesar Chavez (All)
- 11am-12pm Koru Mindfulness and Meditation* - SWC (Students)
- 3:15-4pm Life Started in the Ocean Marble Sculpture Unveiling - Health Building 1st Floor (All)

FRI
10/26
- 10am-2pm Wash Away Disease! | Under Pressure? | SJSU to Zero | HeartMath® - Paseo de Cesar Chavez (All)
- 10am-2pm SJSU Cooking Demonstrations - SJSU Community Garden 372 San Salvador St. (Students)
- 1:30-2:45pm CHEW Workshop* - SWC 122 Food Demo Lab (Students)
- 1:30-5:30pm Table Tennis Tournament - SPX 107A (All)