



Health Education and Promotion Mini-Course Offerings 2009-2010

Advance registration is required. In some instances, priority registration is determined by the sponsor. For more information contact Heather Zesiger, MPH, CHES at heather.zesiger@emory.edu or 404-727-1736 or visit http://studenthealth.emory.edu/hp/hp_minicourses.php



Eat Well/Think Well 2.0

Eat Well/Think Well helps students improve food choices as well as study skills. The course explores why and how some foods may affect energy and clarity of thought, which in turn can affect time management, study skills, and learning. Students will have opportunities to create helpful study habits, develop productive coping strategies, and prepare their own "smart snacks" and easy "smart meals". Students will meet once weekly for two weeks. Course includes experiential exercises such as "quick fire" food preparation and time management activities. **Instructors: Carol Kelly, RD, LD, Ono Ewvaraye, MSW, and Shari Obrentz, MS, LAPC.**
Mondays, October 19 and 26; 5:30-7; location TBD



I ♥ My Vagina

In this women-only course, we will not only learn about things that are left out of sex education classes, we will connect up-to-date scientific information with our own values to develop a new way of living in the body as a sexual person. Because we will focus on issues pertaining to the woman herself, not her capacity as a sexual partner (though partnering is a legitimate matter for discussion), the material covered in this class applies to all women who want to learn more about all aspects of sexuality throughout life. Each person's perspective and privacy will be valued as we learn from each other. **Instructor: Shirley Banks, AAASECT Certified Sexuality Counselor.**
Thursdays, Sept 24, Oct 1, Oct 8; 6-8 pm; Harris Parlor



SleepWell

SleepWell is an evidence-based program to help students enhance their sleep habits for greater personal and academic success. The mini-course will meet once a week for ninety minutes over three consecutive weeks. Students are encouraged to sign-up with a friend or roommate so that they might reinforce sleep-enhancing behaviors in each other. **Instructor: Heather Zesiger, MPH, CHES.**
Mondays, November 2, 9, 16 from 4-5:30; location TBD



Meditation Station

Meditation for Health

Learn basic mindfulness techniques that are practiced by people of any faith or of none. Experience the health benefits of meditation: reduced stress, stronger immune function, improved sense of wellbeing. We will explore meditation postures, breathing techniques, and mental practices that researchers at Emory and elsewhere associate with a variety of health improvements. Participants will develop mindfulness skills that they can take into everyday life for continued benefit. **Instructor: Shirley Banks.**
Section 1: Thursdays, Oct 15, 22, 29; 6-7:30; Clairmont Campus/ Section 2: Wednesdays, Nov 4, 11, 18; 6-7:30 PM; location TBD



Stress Reduction for the Busy Student

This mini-course employs discussion of the stress equation, "perceived demands exceed perceived resources". Students will explore strategies to decrease negative thinking and to increase resources and perception of their own strengths, thus helping to reduce stress. Relaxation techniques and a creative Wellness Self-Assessment exercise will be utilized to further encourage use of personal coping mechanisms, increase sense of control, improve academic performance, and enhance overall quality and enjoyableness of life. **Instructor: Virginia Plummer, LCSW.**
Wednesdays, 6-8:30, November 11 and 18; location TBD



Healthy Relationships

This mini-course explores different kinds of healthy relationships and social expectations on campus in order to prepare students to make positive and safer choices regarding interpersonal relationships, including dating, friendship, working, and sexual relationships. **Instructors: Aline Jesus Rafi, MA and Willie Bannister, LPC.**
Tuesdays, 6:30-8:00 October 20th, 27th and November 4th; New Turman Hall