

EXPRESSIVE PATHWAYS TO WELLNESS

STUDENT HEALTH & WELLNESS EXPO

SCIENCES & ENGINEERING CENTER AND THE COMMONS (SECC)

REGISTRATION



Learn about the various engagement opportunities at the Expo! Obtain a passport to guide your participation.

ACTIVITIES

Engage with students from various academic courses and leadership roles on campus and with staff and faculty from various departments to learn about your health and well-being.

FIRST FLOOR



Variety of Exercise: Exercise is Medicine Club

Healthy Habits: Public Health Club



Mocktail Making: HEA 342 Students

Healthy Drink Alternatives: HEA 531 Students



Global Health Jeopardy: Certificate in Global Health

Destress Workshop: HEA 531 Students



HPV Prevention: Nursing Department

5 Domains of Athletic Training: Athletic Training Club



Phases of the Menstrual Cycle: HEA 342 Students

STI Education: NSG 562 Students



Self-Care Space #1: Wellness Promotion

Self-Care Space #2: Wellness Promotion



Pulmonary Health Awareness: Respiratory Care Program

Blood Pressure & Vital Check: Student Health Services



Communicating Feelings: Wellness Promotion Peer Educators

Crash Course in Sleep Habits: HEA 342 Students



Journaling for Stress Reduction:
HEA 342 Students



SECOND FLOOR



Effects of Vaping: Physician Assistant Program

Skin Cancer Awareness: Physician Assistant Program



Wheel of Choices: Chester County Health Department

Sustainability on College Campuses: Food Systems Management Club



Mindful Eating: Student Dietetic Association

Labyrinth Walking: Center for Contemplative Studies



Mindful Practices: HEA 531 Students

Benefits of Exercise: Campus Recreation



Personal Finance: PSECU

Improving Sleep Health: HEA 342 Students



Sleep Hygiene: HEA 342 Students

THIRD FLOOR



Roof Yoga, 2:15-2:45pm: Campus Recreation

Check out & prizes!



NOVEMBER 13, 2024 • 1-3PM

