



## WELL-BEING INITIATIVE 2011/2012

### WEEK OF FEB 13 - PROGRAM OFFERINGS

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

#### Tuesday – Feb 14

##### **Table Massage \*- \$25 for 25 minutes – Horton Hall 205- 9:00-12:00 AM (Emma Clites)**

All massage is with clothing on, no oils used. **Participants may schedule two consecutive appointments** (as available) **for a 50-minute massage for \$50.** Payment is made at the time of service.

#### Wednesday- Feb 15

##### **T'ai Chi\*- no charge after entry into ShipRec via punch card/membership card- 12:05-12:55 PM**

Originally designed as a martial art in China, T'ai Chi training consists of choreographed movements and exercises to improve strength and flexibility and the circulation of blood, breath, and energy. Wear comfortable clothing and soft-soled shoes. No registration required. Visit the following link for ShipRec membership or punch card information: <http://www.ship.edu/Recreation/Membership/>

#### Thursday- Feb 16

##### **Hypnosis- \$50 for 50 minutes- Horton Hall 205- 9:00-4:00**

A scientifically verified and effective technique that can promote accelerated human change. Hypnosis can change your life by creating desired changes in behavior, attitude and self-esteem. The only tool which reaches deep into the subconscious mind, where we can effect change. For more information about hypnosis click on: [http://www.hypnosisofficeofcarlisle.com/Home\\_Page.html](http://www.hypnosisofficeofcarlisle.com/Home_Page.html)

##### **Yoga\*- no charge after entry into ShipRec via punch card/membership card- 12:05-12:55**

Yoga is a fitness practice used for creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. Wear comfortable clothing. Bring your own Yoga mat if you have one. No registration required. Visit the following link for ShipRec membership or punch card information: <http://www.ship.edu/Recreation/Membership/>

#### Friday- Feb 17

##### **Cholesterol and Blood Sugar Testing – no charge- Henderson Gym Lab- 7:00-10:00**

Participants will be scheduled for a 15-minute session including: Finger prick to obtain blood specimen, printed results, handout with high quality links to websites offering health information. Participants must: register and fast for 12 hours prior to the test (water only may be consumed during the fast).

##### **Registration Deadline- Fitness Assessment and Personal Training – begins March 19**

For details and registration form go to: <http://www.ship.edu/assets/0/153/267/1074/01e778e5-e87f-4efa-9c1f-788296a3212b.pdf>

## WEEK OF FEB 20 - PROGRAM OFFERINGS

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

### **Tuesday- Feb 21**

#### **VBP (Very Busy People) Cooking Series -UNCAGE MY CHICKEN - no charge- Reisner Hall 7:00 to 8:00 PM**

A cooking and tasting demo featuring hormone free and free-range chicken. Discussions on how to properly cook and season chicken, as well as what the terms free range and cage free really mean.

### **Wednesday- Feb 22**

#### **Table Massage or Cranial Sacral Therapy\* - \$25 for 25 minutes – Horton Hall 205- 11:30-4:30 (Ken Boyer)**

All massage is with clothing on, no oils used. **Participants may schedule two consecutive appointments** (as available) **for a 50-minute massage for \$50.** Payment is made at the time of service.

**Craniosacral Therapy** is a method used by massage therapists, naturopaths, chiropractors and osteopaths, who manually apply a subtle movement of the spinal and cranial bones in an attempt to bring the central nervous system into harmony. Craniosacral therapists use the therapy to treat mental stress, neck and back pain, migraines, TMJ Syndrome, and for chronic pain conditions such as fibromyalgia.

#### **T'ai Chi\* - no charge after entry into ShipRec via punch card/membership card- 12:05-12:55 PM**

See description above.

### **Thursday- Feb 23**

#### **Yoga\* - no charge after entry into ShipRec via punch card/membership card- 12:05-12:55**

See description above.

### **Friday- Feb 24**

#### **Cholesterol and Blood Sugar Testing – no charge- Henderson Gym Lab- 7:00-10:00**

See description above.

### **HUNGRY?**

**Look for the Heart Healthy lunch option every Thursday in Century Café**

### **WANT SOME EXERCISE?**

#### **FACULTY AND STAFF BASKETBALL**

#### **Mondays and Wednesdays-12:00 TO 1:00 – Henderson Gym- no charge**

Join us for pick-up games of 5-on-5 full court or half court games with fewer players, depending on the turnout and player interest. Open to players of all abilities, ages, and physical condition. Contact Bob Stephens ([rdstep@ship.edu](mailto:rdstep@ship.edu)) if you have any questions.

\* Any combination of six sessions of Yoga and T'ai Chi qualifies for 25 Healthy U Points.

\* Any six sessions of acupuncture, massage or CST qualifies for 25 Healthy U Points.

\* Any six sessions of VBP cooking series qualifies for 25 Healthy U Points.

**Registration is required unless otherwise noted above.**

**Registrations that do not require pre-payment may be submitted via:**

- Phone to Maryrose Wilson at extension 3107
- Email to [mwilson@ship.edu](mailto:mwilson@ship.edu)
- Fax to extension 4037 or from off campus to 717-477-4037
- Hard copy to Human Resources, Old Main 109

**For more information about the Well-Being Initiative or to access registration forms visit:**

[http://www.ship.edu/HR/Wellbeing/Well-Being\\_Initiative/](http://www.ship.edu/HR/Wellbeing/Well-Being_Initiative/)