A brand new wellness program brought to you by Building a Better “U”

Increase your physical activity and improve your eating habits as you experience the culture and history of countries around the globe.

This free, 6-week program includes giveaways, motivational messages, links to valuable information throughout the program, a passport to track your progress and “live” sessions during the noon-hour in the Oakland Center:

Visit the Information table in the Oakland Center on January 10, 11 or 16th from 11:30 a.m. – 1 p.m., for more information and to register in Passport.

The following are part of the Passport Program. Please enroll in the sessions you are able to attend. http://www2.oakland.edu/training/

Wednesday, January 24  Program Kick-off!
Join us as Jenny Cook, RD, Rec Center, discusses the importance of fitness and nutrition goals and how to reach them. Learn how to get started in “Passport.”  12:05 – 1 p.m., Oakland Room, OC

Wednesday, February 7  Chef Paul – Quick and Healthy Valentine Dinner for Two
We welcome Chef Paul back to OU by popular demand! Learn how to prepare a healthy dinner from start to finish. Samples will be available.  12:05 – 1 p.m., Gold Rooms, OC*

*Space is limited so enroll soon!

Wednesday, February 21  Metabolic Syndrome: All you Need to Know
Dr. Kenneth Hightower, Dean, School of Health Sciences, will discuss the symptoms of Metabolic Syndrome. Take charge of your health today by learning how to make better choices.  12:05 – 1 p.m., Gold Rooms, OC

Wednesday, March 7  FINALE – Great Travel Deals and Fitness Tips
Shamrock Travel will share travel deals, highlighting health and wellness. Mila Padgett, Assistant Director, Rec Center, will demonstrate how exercise bands can add fitness to your vacation. This session’s participants will receive an exercise band, compliments of HAP.  12:05 – 1 p.m., Gold Rooms, OC

Questions? Please e-mail wellness@oakland.edu