



Slippery Rock University

SRU PRESIDENT'S COMMISSION ON

WELLNESS



Physical | Emotional | Spiritual | Social | Environmental | Occupational

On-Going Faculty & Staff	One-Time Events- ALL are Welcome
<p>YOGA Location: 225 Paterson Hall Tuesdays beginning September 12 4:45-5:45 Contact: Dr. Joy Urda 724.738.2240</p>	<p>TRAIL "ACTIVE MEDITATION" HIKE September 12 at 12:30 – 1:30 pm Common Hour Starts at: Art Building Parking Lot Contact: Dr. Traci Zillafro 724.738.2284</p>
<p>FINANCIAL WELLNESS Seminars September 7 304 Old Main, 11:00-12:00 September 28 304 Old Main, 12:30 – 1:30/3:00 -4:00 October 4 Location TBD, 10:30 – 11:30 October 11 304 Old Main, 12:00 – 1:00/3:00- 4:00 November 1 Location TBD, 10:30 – 11:30 Contact: Marcia Kotek at 724.738.2204</p>	<p>SRU CYCLOCROSS at the ROCK Sunday, September 17 at 9 am McFarland Recreational Complex Contact: Julie Saelers julie@saelers.com https://www.bikereg.com/sru-cyclocross-at-the-rock</p>
<p>On-Going-Faculty, Staff & Students</p>	<p>PAWS TO RELAX Monday, September 18 from 12-1 pm Location: Patterson Hall Lobby Contact: Dr. Debbi Hutchins 724.738.4402</p>
<p>MEDITATION Location: 225 Patterson Hall Fridays beginning September 15 12 – 1 pm Contact: Dr. Joy Urda 724.738.2240</p>	<p>NO IMPACT FILM September 21 6:30-9pm Location: Smith Center Theatre Contact: Shawn Davis 724.738.2599</p>
<p>MACOSKEY FARM STAND Thursdays, 12-2pm, In front of Smith Center</p>	<p>WHAT DO YOU DO FOR YOU? Self-Care & Resiliency Workshop September 21 12:30 – 1:30 pm Common Hour Location: Smith Center, Room 321 Contact: Renee Bateman 724.738.4206</p>
<p>TABLE TENNIS Monday and Thursdays, 6-8 PM Field House Wrestling Areas Contact: Istvan Kovacs 724.738.4934</p>	<p>FINANCIAL WELLNESS Date/Location TBD Contact: Dr. David Jordan 724.738.4514</p>
<p>On-Going Programs for Students</p>	<p>SUICIDE PREVENTION EVENT September 25-26th, Quad Contact: Juliana Gabany, Active Minds jrg1019@sru.edu</p>
<p>ARC FITNESS CLASSES See schedule for list Contact: Ryan Stack 724-738-2924</p>	<p>FINDING WELLNESS IN THE DINING HALLS Date: September 25-28 Boozel Contact: Gary Febinger, Exec. Chief, AVI 724.738.4247</p>
<p>ARC POOL EVENTS Open Kayaking September 5 & 19 7:00-9:00 PM BOGA YOGA September 6,13,20, & 27 5:00 PM</p>	<p>NO IMPACT WEEK Environmental Wellness September 24-30 Contact: Shawn Davis 724.738.2599</p>
<p>Flu Shots Available 24/7 starting 9-12-17 Student Health Center</p>	

WELLNESS 5K Road Race / 2K Fun WALK

Sunday, October 15, 2017

WHERE Slippery Rock University Mihalik-Thompson Stadium

DATE October 15, 2017

TIME Check in at 7:30 a.m. Race at 9:00 a.m.

COST \$10 Students (No T-Shirt) / \$12 Students (T-Shirt)
\$17 Non-Students (No T-Shirt) / \$20 Non-Students (T-Shirt)

Join the President's Commission on Wellness for the annual 5k race and 2k fun walk and support our culture of health and wellness. All participants will receive a piece of The Rock!

Twitter or Instagram #rock5k To Register: <https://www.srufoundation.org/5k.html>

The registration deadline to receive a T-shirt is October 1. Registrations will be accepted up to and on race day, but t-shirts are not guaranteed after October 1.

Questions about the Wellness Commission events?

Contact Betsy Kemeny 724.738.4306 or Joy Urda 724.738.2240, Co-Chairs

The **MISSION** of the **President's Commission on Wellness** is to facilitate initiatives that promote awareness of wellness and empower individuals to make choices and enact behaviors that positively influence their wellness.

EMOTIONAL WELLNESS emphasizes the awareness and acknowledgement of one's feelings. The dimensions include the cultivation of positive and hopeful feelings about oneself and life, the capacity to manage one's feelings and related behaviors and the development of meaningful connections and engagement with the world.

ENVIRONMENTAL WELLNESS is maintaining a way of life that exists in harmony with the Earth through active engagement with your surroundings. The dimensions include protecting ourselves from environmental hazards, using the gifts of nature wisely, and making positive impacts on the quality of our environment.

INTELLECTUAL WELLNESS encompasses the development of knowledge and the desire for lifelong learning and self-improvement through mental challenge. The dimensions include curiosity, creativity, and problem solving.

OCCUPATIONAL WELLNESS is achieving personal satisfaction in one's work/leisure balance. The dimensions include contributing your unique gifts, skills, and talents to vocation(s) that are meaningful and rewarding.

PHYSICAL WELLNESS is the synergy of each individual's daily behavior. The dimensions include physical fitness, physical activity, nutrition, and sleep. Proactive choices include safety and prevention measures, health screenings and disease management behaviors.

SOCIAL WELLNESS focuses on contributing to the overall welfare of the human community. The dimensions include good communication skills, interdependence with others, the pursuit of harmony in the community, and the development of support systems.

SPIRITUAL WELLNESS refers to the integration of beliefs in relationship with others, the external world and/or a sense of the Divine. Dimensions of spiritual wellness include growth and understanding of one's meaning and purpose in life, experiences of inner and relational peace, expression of truth and values, and practice of faith and morals.