



## Upcoming Events for January, 2012

Happy New Year!  
A Time of Action!

- January 3**  
**Quit Tobacco Tuesdays**-1 Park Place, Basement Level Training Room, Noon-1 PM  
**Weight Watchers at Work**- College of Education Building, 10<sup>th</sup> Floor, Room 1030, 12:30PM-1:30PM  
**Take Action Tuesdays**- 1 Park Place, Basement Level Training Room, Noon-1 PM
- January 4**  
**Wellness Wednesdays – Building Healthy Habits and Breaking Bad Habits**  
**Presented by Dr. Akihiko Masuda, Assistant Professor, Clinical Psychology Department, GSU, 470 University Center, Noon to 1pm**
- January 5**  
**First Thursdays Health Screenings** - Come out and get healthy! We offer monthly health check screenings and health Awareness information. Every first Thursday, Sparks Hall, 3rd Floor, Room 332, 1PM-4PM
- January 6**  
**Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation. The cost per session is \$14. Discounts are available! **470 University Center, Noon – 1pm**  
**Guided Meditation** - Try our new offering! Guided meditation offered on an individual basis. Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342  
**Individual Health Coaching** – FREE 30 min. appointment with certified health coach to help you achieve your health goals. By appointment only, 9am – 2pm. 1 Park Place, Suite 308
- January 6**  
**Table & Chair Massage**- We have a Licensed Massage Therapist here on campus! Give us a call for more details or to set up your next massage experience! By appointment only, please call 404-413-3342
- January 10**  
**Quit Tobacco Tuesdays**-1 Park Place, Basement Level Training Room, Noon-1 PM  
**Weight Watchers at Work**- College of Education Building, 10<sup>th</sup> Floor, Room 1030, 12:30PM-1:30PM  
**Take Action Tuesdays**- 1 Park Place, Basement Level Training Room, Noon-1 PM
- January 11**  
**Wellness Wednesdays - EDWS Overview: Wellness At Your Fingertips for Year 2012**  
**Presented by Charlie Safford and Tanya Weigel, 465 University Center, 11 – Noon**
- January 13**  
**Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation. The cost per session is \$14. Discounts are available! **485 University Center, 12 to 1pm**  
**Guided Meditation** - Try our new offering! Guided meditation offered on an individual basis. Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
- January 13**  
**Individual Health Coaching** – FREE 30 min. appointment with certified health coach to help you achieve your health goals. By appointment only, 9am – 2pm. 332 Sparks Hall – Wellness Center
- January 17**  
**Quit Tobacco Tuesdays**-1 Park Place, Basement Level Training Room, Noon-1 PM  
**Weight Watchers at Work**- College of Education Building, 10<sup>th</sup> Floor, Room 1030, 12:30PM-1:30PM  
**Take Action Tuesdays**- 1 Park Place, Basement Level Training Room, Noon-1 PM
- January 18**  
**Wellness Wednesdays – Is Your Thyroid Working?**  
**Presented by Dr. Orija Israel, DeKalb Medical, 465 University Center, 11am-Noon**
- January 20**  
**Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation. The cost per session is \$14. Discounts are available! **485 University Center, Noon to 1pm**  
**Guided Meditation** - Try our new offering! Guided meditation offered on an individual basis. Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342  
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- January 20**  
**Table & Chair Massage**- We have a Licensed Massage Therapist here on campus! Give us a call for more details or to set up your next massage experience! By appointment only, please call 404-413-3342
- January 24**  
**Quit Tobacco Tuesdays**-1 Park Place, Basement Level Training Room, Noon-1 PM  
**Weight Watchers at Work**- TBA, 12:30PM-1:30PM  
**Take Action Tuesdays**- 1 Park Place, Basement Level Training Room, Noon-1 PM
- January 25**  
**Walk N Talk**- Meet at the Student Recreation Center Lobby, Noon-1PM
- January 27**  
**Yoga Class** – Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation. The cost per session is \$14. Discounts are available! **485 University Center, Noon to 1pm**  
**Guided Meditation** - Try our new offering! Guided meditation offered on an individual basis. Fridays, 9:30AM-3:30PM, **NO CHARGE!!!!** By appointment only, please call 404-413-3342
- January 27**  
**Individual Health Coaching** – FREE 30 min. appointment with certified health coach to help you achieve your health goals. By appointment only, 9am-2pm. 332 Sparks Hall – Wellness Center
- January 31**  
**Quit Tobacco Tuesdays**-1 Park Place, Basement Level Training Room, Noon-1 PM  
**Weight Watchers at Work**- College of Education Building, 10<sup>th</sup> Floor, Room 1030, 12:30PM-1:30PM  
**Take Action Tuesdays**- 1 Park Place, Basement Level Training Room, Noon-1 PM

For additional information or to register, please call 404-413-3342 or email [edws@gsu.edu](mailto:edws@gsu.edu)

