



## Personal Health and Fitness – Opportunities to Explore

**DURANT, Okla.** -- During the week of March 23-27, Southeastern Oklahoma State University will be celebrating its Centennial through campus programming and activities.

Some of these events will focus on the health and wellness of SE and the surrounding community by offering promotion, education and evaluation opportunities.

Following is the schedule of health and wellness activities:

### *Events Open to the Public and the University Community*

#### **Free Health Screenings – 12:30 p.m. – 1:30 p.m.**

Monday, 3/23

Blood Pressure Checks, Student Union Atrium

Have you been experiencing frequent headaches? Dizziness? Shortness of breath? Blurred Vision? With no known cause? Now may be a good time to have your blood pressure checked. Stop by the Student Union Atrium between 12:30-1:30p.m. for a quick reading.

Tuesday, 3/24

Depression Screenings, Student Union Game Room

Did you know that the U.S. Preventative Services Task Force recommends depression screenings for all adult patients? You may be at risk if you have experienced recent loss, stress, vague physical symptoms, have a family history of mental illness, chronic illness, or are postpartum. Please come by the Student Union Game Room between 12:30-1:30pm for screening. The screening will also evaluate for other mental illnesses that can occur with or without depression. All screenings are reviewed confidentially and do not ask for your name.

Wednesday, 3/25

Hearing Screening, Library 2A

What's that you say? Speak up, I can't hear you!! Huh? Can you say that again? If this sounds like something you have been doing a lot of lately, then maybe you need your hearing check (or your ears cleaned out J). Stop by the library computer lab on 2A for a free hearing screening between 12:30-1:30p.m. While you are there, check the book selections...they have many great reads!!

Friday, 3/27

Stick Blood Sugar Screening, Student Union Atrium

This will only hurt for a second...finger stick blood sugars can tell us about how your body is processing insulin and if further evaluation for diabetes may be necessary. The best times to test are before meals, before bed, or one to two hours after meals. Please keep this in mind and drop by between 12:30-1:30 in the Student Union Atrium for a quick test.

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Monday, 3/23

Physiology of Exercise, Student Union 213, 8:00 a.m.

Presented by Dr. Mike Reed, Health Physical Education and Recreation, this Open Class lets you be a student again by sitting in on a currently offered course.

Staph Infection Presentation, Russell 100, 7:00 p.m.

For many people there is growing concern surrounding staph infections. What is staph? What is MRSA? How did I get it? How do I care for it? How do I prevent spreading it to others? Tram B. Pham-Hill, M.D., a specialist in wound care management and hyperbaric therapy at the Medical Center of Southeastern Oklahoma, understands and would like to address the public's concerns. Dr. Pham-Hill will be providing an educational session on staph Monday, March 23 at 7:00 p.m. in the R100. Please join us as we listen and discuss this timely topic.

Wednesday, 3/25

Positive Psychology Events, Student Union 303, 12:30 p.m. – 1:30 p.m.

HAPPINESS...most of us want it but are we willing to make the choices that will move us in that direction? Please join students from Dr. Hall's Positive Psychology class as they offer specific strategies for increasing your happiness .

Thursday, 3/26

Yoga Class, Student Union 323, 6:00 a.m.

Start your day with a wonderful, invigorating, low-impact workout that will make your feel and look great. This class offered by Continuing Education is open for those who would like to explore Yoga.

Gardening 101, Student Union 303, 1:00 p.m.

One of Southeastern's own Master Gardeners, Grady Hartman presents "Chemicals in Gardening."

Campus Praise, Student Union Plaza, 6:00 p.m.

Join the SE Baptist Collegiate Ministry for an evening of fun at the plaza. Beginning with a free cookout from 6:00 p.m. – 8:00 p.m. and the Crossroads Worship Gathering at 8:00 p.m., this is an evening of praise and fellowship.

Friday, 3/27

Walking After Midnight, Paul Laird Field 2:00 a.m. – 4:00 a.m.

Just for fun—stay up late, or get up early and walk. Gather your friends for some late night walking and talking.

Gardening 101, Student Union 303, 1:00 p.m.

SE Master Gardener, Faith Huddleston invites you to join her butterfly flutter! Learn about butterfly behaviors and how to garden to attract and support butterflies. You will see pictures and learn about those butterflies seen in Oklahoma.