

Sullivan University Wellness Center

Improve Your Mood

- Experience how meditation and/or movement can help you in managing emotions and thoughts.
- Learn a new way to do relaxation or exercise – led by local professionals.
- Find out about your current mood status... and your BP!

January 25

10am-2pm

Meditation Modes

Room 121

10am & 11am

Tae Kwan Do

Dr. Hieu Tran, Dean of the Sullivan University
College of Pharmacy and Master of this art

12pm & 1pm

The Labyrinth, a Spiritual Tool for Meditation

Dr. Carol Webb, Spiritual Director and Consultant

Accent on Physiological Exercise

A La Carte Cafe

10am & 1pm

Line Dancing

Linda Lutts, Dance Instructor
"Ah-Si" at 10am - "Electric Slide" at 1pm

11am & 12pm

Kettle Bells & Other Selected Training

Dave Randolph, Owner & Trainer of Iron-Body Fitness

Screenings for Self-Awareness

Free, Helpful, & Brief

Mood Points - Pre & Post Screenings | A La Carte Cafe

by Staff of Our Lady of Peace

Blood Pressure - Pre & Post Meditation Screening | Room 121

by Registered Nurses from Baptist Hospital East (not valid for exercise activities)

Mood Disorder Screenings by Mental Health Practitioners |

Room 121 & Cafe (confidential with private feedback)

by Rev. Bob Brill, LCSW of Old Louisville Counseling Center
by Dr. Jennifer Cox of East End Psychological Associates

SPONSORED BY SULLIVAN UNIVERSITY WELLNESS CENTER. No registration needed.
For more information contact Dr. Renee, Wellness Center at 413-8617 or rust@sullivan.edu