

# Health and Wellness Center Activities

- The Wellness Expo, held in the Fall, provides health information and resources available on campus and in the Rome community that promote healthy life style choices. Demonstrations of self defence, yoga, healthy cooking and nutrition choices and much more are featured at this event. Door prizes, tee shirts and a grand prize are all part of this fun and informational event. This is a student led project.
- Popular health awareness topics are recognized throughout the year by a variety of creative means. Smoking cessation, various cancer awareness issues, nutrition, sexual assault, drug and alcohol awareness and others are featured. This is a student project and topics may vary depending on interest and need.
- A monthly e-newsletter, "Because We Care" delivers timely Health Information and other useful tips on staying healthy and fit.
- Residence hall programming is provided upon request to the H&W Center director. A variety of topics and issues of concern are discussed