

APRIL EVENTS

Date	Time	Event	Speakers	Notes
April 3 - June 19 On Tuesdays	5:30 - 6:30 pm	Active Living 12 Week Course	Felicia Bennett-Giles	Must preregister* Free
Tuesday 3	11 am	WSSU Weight Matters New Member Orientation	Constance Poe Wellness Director	Must preregister* Free
Wednesday 4	6 pm	WSSU Weight Matters New Member Orientation	Constance Poe Wellness Director	Must preregister* Free
April 5 – May 10 On Thursdays	12noon – 2 pm	Living Healthy with Diabetes 6 Week Workshop	Constance Poe, Yvonne Diggs	Must preregister* Free
Monday 9	11 am	Interest Meeting Study Multi-tasking Seminar How Well Do You Multi-Task?	WSSU Physical Therapy Dept.	Must preregister* Free
Monday 9	11am	The Diabetes Epidemic: Prevent, Delay or Manage	Paula Rovinsky, MA, RN, CDE, HN-BC, Reiki Master	Must preregister* Free
Monday 9	6 pm	WSSU Weight Matters New Member Orientation	Constance Poe Wellness Director	Must preregister* Free
Tuesday 10	10 am	Stress & Resiliency	Paula Rovinsky, MA, RN, CDE, HN-BC, ReikiMaster	Must preregister* Free
Wednesday 11	11 am	Balance Study Interest Mtg. Fall Prevention Seminar	WSSU Physical Therapy Dept.	Must preregister* Free
Thursday 12	11 am	Health Rhythms Community Drumming Class	John Beck, Professor of Percussion, UNCSA	Must preregister* Free
Thursday 12	6 pm	MS Fit Game Night	Joyce Hudgins, Certified Health Coach	Must preregister* Free
Monday 16	11 am	United Health Centers Information Session	Ebony Pratt	Must preregister* Free
Monday 16	5:30 pm	Hair Care Tips Seminar	April Gilliam, Stylist	Must preregister* Free
Tuesday 17	11 am	WSSU Weight Matters New Member Orientation	Constance Poe Wellness Director	Must preregister* Free
Tuesday 17	5:30 pm	Hypertension: The Silent Killer Seminar	Corey Roman, RN, MSN, CHN, Health Coach	Must preregister* Free
Wednesday 25	6 pm	WSSU Weight Matters New Member Orientation	Constance Poe Wellness Director	Must preregister* Free
Thursday 26	11 am	Brain Health Seminar	Dr. Jessica Lee	Must preregister* Free
Thursday 26	11 am	Health Rhythms Community Drumming Class	John Beck, Professor of Percussion, UNCSA	Must preregister* Free

