



# Being Well MATTERS

## GHN Wellarama 2018

**April 26, 2018 | 9 a.m. – 6 p.m. | GHN Wellness Center  
601 Presidents Blvd., Louisville, KY 40217**

The Wellarama consists of over 30 interactive booths showcasing many of the valuable health and wellness resources available for UofL employees, retirees, spouses/QA and affiliated campus partners. Employees can use their 30-minute SLV wellness break to participate. Just jump on the continuous shuttle running from 8 a.m.–2 p.m. **Drop-off / pick-up sites:**

**Belknap – Thinker, 2301 S. 3<sup>rd</sup> St. | HSC – Health Science Building, 505 S. Hancock St.**

The first 100 participants will receive an activity band with instruction pamphlet! Every participant has a chance to return home with a new Scheller's Bike, Fit Bit®, and much more!

### **The health and wellness event includes:**

- Massage therapy
- Healthy snacks and refreshments — with food demonstrations
- Interactive activities
  - Dermascan screening (facial cancer) and ECO Monitor (levels of carbon monoxide)
  - How to make a miniature plant garden
  - Biometric screening (cholesterol, blood pressure, etc.)
  - Health and wealth coaching
  - Interactive music session
- Information presentations — see agenda
- KCP Incredible Colon Display

**Health & Wellness Booths:** American Heart Association; Fidelity; Institute for Sustainable Health and Optimal Aging (ISHOA); Interfaith Center; Kentucky Cancer Program; LGBT Center; Livongo (diabetes program); Meatless Monday; Metro Parks & Recreation; New Roots, Scheller's Fitness & Cycling; School of Public Health and Information Sciences; Thrive Center; TIAA; Touching Lives LLC; UofL Dental School; UofL Physicians Health Management Services; Women's Center and more!

**See back side for agenda details.**

### **Questions?**

Visit [louisville.edu/gethealthynow](http://louisville.edu/gethealthynow), or contact [ghn@louisville.edu](mailto:ghn@louisville.edu) or the GHN Wellness Center at (502) 852-7755.



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## Event Agenda

<b>9 a.m. – 6 p.m.</b>	<b>Enjoy interactive activities and health and wellness booths!</b>
<b>11 – 11:45 a.m.</b>	<b>Activities:</b> <b>Gentle Chair Yoga.</b> <i>Monica Del Guercio, GHN Yoga Instructor – Studio A</i> <b>“Hula” Hooping Demo.</b> <i>Mary Jarrett, Hooping Instructor – Studio A</i> <b>KORU Mindfulness and Meditation Session.</b> <i>Paula Kommor, GHN Wellness Specialist, Sr. – Studio B</i> <b>Presentations:</b> <b>Movement Mindset.</b> <i>Dillon Painter, GHN Health Fitness Specialist – 3<sup>rd</sup> Floor Walking Track</i> <b>Importance of Health Screenings.</b> <i>Jessie Morgan, Director of Pharmacy Utilization in Human Resources – Conference Room</i>
<b>12 – 12:45 p.m.</b>	<b>Activities:</b> <b>Fit in 30!</b> <i>Dillon Painter, GHN Health Fitness Specialist – 3<sup>rd</sup> Floor Walking Track</i> <b>Pilates.</b> <i>Cherri Schnautz, GHN Instructor – Studio B</i> <b>Presentations:</b> <b>National Minority Health Month: Partnering for Health Equity.</b> <i>Janikaa Sherrod, Kentucky Cancer Program – Studio A</i> <b>Nutrition.</b> <i>Nancy Koppersmith, RD, MS, LD, MLDE – Conference Room</i> <b>Why Organic Foods?</b> <i>Karyn Moskowitz, Executive Director, New Roots – Reception Area</i> <b>Navigating a Complex Healthcare System.</b> <i>Ketia Zuckschwerdt, RN and Mary Corbett ARPN, ULP Health Management Services – Wellness Support Room 111</i>
<b>4:15 – 5:00 p.m.</b>	<b>Activities:</b> <b>Gentle Chair Yoga.</b> <i>Cathy Schaffer, Yoga Instructor – Studio A</i> <b>“Hula” Hooping Demo.</b> <i>Mary Jarrett, Hooping Instructor – Studio A</i> <b>Moment of Mindfulness.</b> <i>Paul Salmon, PhD, Associate Professor, Department of Psychological and Brain Sciences – Studio B</i> <b>Presentations:</b> <b>Importance of Health Screenings.</b> <i>Jessie Morgan, Director of Pharmacy Utilization in Human Resources – Conference Room</i> <b>Heart Health.</b> <i>Henry Sadlo M.D., FACC, Cardiologist – Studio C</i>

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GetHealthy**Now**