Long Island University
2014 Report Card Program
Calendar of Events

Date	Time	Name of Event	Program Description	Location	Required /Elective
March 3, 2014	12:00-2:00pm	Fitness Assesment Monday	Wellness Day Attendance	HWI in WRAC	Elective
March 17, 2014	12:00-1:00pm	Yoga	Participate in an exercise event	Fitness Center	Elective
March 24, 2014	1:00-2:00pm	Nutrition Counseling Monday	Lifestyle Education Component	HWI in WRAC	Elective
April 7, 2014	12:00-2:00pm	Fitness Assesment Monday	Wellness Day Attendance	HWI in WRAC	Elective
April 3, 2014	9:00-5:00pm	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Buck Lai Conference Room	Required
April 10, 2014	12:30-1:30pm	Time Management Skills, a stress free approach	Mental Health Component	LLC 116	Required
April 11, 2014	12:00-1:00pm	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Buck Lai Conference Room	Required
April 14, 2014	9:00-5:00pm	Stair it up Monday	Participate in an exercise event	Anywhere on Campus	Elective
April 21, 2014	12:00-1:00pm	Yoga	Participate in an exercise event	Fitness Center	Elective
May 5, 2014	12pm	Walk the Brooklyn Bridge	Participate in an exercise event	Brooklyn Bridge	Elective
May 7, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Buck Lai Conference Room	Required
May 7, 2014	12:30-1:30pm	The Keys to Long Term Weight Loss	Lifestyle Education Component	LLC 515	Elective
June TBA	TBA	Softball	Healthy Competition	Baseball Field- Brooklyn Campus	Elective
June 13, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Buck Lai Conference Room	Required
September xx, 2014	TBD				
October xx, 2014	TBD	Flu Shots	Biometric Screenings and Health Risk Assessments	Paramount Gym	Required
October xx, 2014	TBD	Open Enrollment Health Fair	Biometric Screenings and Health Risk Assessments	Paramount Gym	Required
October xx, 2014	TBD	Cold and Flu- What to do when the bug strikes you.	Mental Health Component	LLC 116	Required
November xx, 2014	TBD	Turkey Trot	Participate in an exercise event	Paramount Gym	Elective