Long Island University
2014 Report Card Program
Calendar of Events

Date	Time	Name of Event	Program Description	Location	Required /Elective
February 7, 2014	5:30-6:30pm	Zumba for the Heart/ Wear Red Day	Participate in an exercise event	Pratt Recreation Center	Elective
February 11, 2014	11:00am-2:30pm	Annual Wellness Day	Wellness Day	Hillwood Commons	Elective
February 25, 2014	12:30-1:30pm	Heart Healthy Cooking	Lifestyle Education Component	Life Science Building, Food Lab, Room 338	Elective
March 17, 2014-April 11, 2014	By Appointment	Nutrition Counseling (516)299-2881	Lifestyle Education Component	Pratt Recreation Center, Multi Purpose Room	Elective
April 1, 2014	12:30-1:30pm	Yoga Class	Participate in an exercise event	Pratt Recreation Center	Elective
April 2, 2014	3:30-5:30pm	Hearing Screenings (516)299-2437	Lifestyle Education Component	Ladge Speech and Hearing Center	Elective
April 4, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Hillwood 115	Required
April 9, 2014	3:30-5:30pm	Hearing Screenings (516)299-2437	Lifestyle Education Component	Ladge Speech and Hearing Center	Elective
April 9, 2014	12:30-1:30pm	Total Body Workout Class	Participate in an exercise event	Pratt Recreation Center	Elective
April 10, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Library Room 320	Required
April 15, 2014	12:30-1:30pm	Time Management Skills, a stress free approach	Mental Health Component	Hillwood Commons Cinema	Required
May 7, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Hillwood 106	Required
May 13, 2014	12:30-1:30pm	Yoga Class	Participate in an exercise event	Pratt Recreation Center	Elective
May 30, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Hillwood 106	Required
June 6, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Hillwood 106	Required
June 11, 2014	12:30-1:30pm	Total Body Workout Class	Participate in an exercise event	Pratt Recreation Center	Elective
June 19, 2014	By Appointment	TIAA Creff Individual Counseling(866-843-5640)	Financial Health Component	Library Room 320	Required
July 18, 2014	5:30-6:30pm	Zumba	Participate in an exercise event	Pratt Recreation Center	Elective
September xx, 2014	TBD	Managing Stress	Mental Health Component	Hillwood Commons Cinema	Required
October xx, 2014	TBD	Flu Shots	Biometric Screenings and Health Risk Assessments	Hillwod Commons Pioneer Room	Required
October xx, 2014	TBD	Open Enrollment Health Fair	Biometric Screenings and Health Risk Assessments	Hillwod Commons Pioneer Room	Required
October xx, 2014	TBD	Cold and Flu- What to do when the bug strikes you.	Mental Health Component	Hillwood Commons Cinema	Required
November xx, 2014	TBD	Turkey Trot	Participate in an exercise event	Pratt Recreation Center	Elective
November xx, 2014	TBD	Healthy Holiday Cooking Demo	Lifestyle Education Component	Life Science Building, Food Lab, Room 338	Elective