

Way of Well-Being



Health & Wellness Fair

January 22, 2014 • 10:00 am - 3:30 pm
Learning Resource Center
LRC 226 & LRC Quad

*Treat yourself to a day of healing, food, and fun.
Meet and network with other members of the
Crafton Hills College community
and start the new semester off right!*

10:00 – 11:00 am

Healthy Dating – Ruben Gutierrez MFT, Intern
California State University, San Bernardino

11:10am – 12:00 pm

Eat Well Feel Well – Janine Ledoux, PhD
Crafton Hills College, Professor

12:10 – 1:00 pm

The Doctor's in the House – Wayne Dysinger, MD,
Loma Linda University, Center for Health Promotion

1:10 -2:00 pm

Arrest Your Stress – Vanessa Kettering, PhD
*Student Positive Development Psychology/
Evaluation Claremont Graduate University*

2:30– 3:30 pm

**Transform Your Body, Mind, and Life
with Yoga** – Lisa Aniello, BA, MA
Crafton Hills College, Adjunct Professor

Screenings:

- Blood Pressure & Blood Sugar
- Depression and Anxiety Screening
- Body Fat & BMI,

Information:

- Pet Therapy
- Autism
- Smoking Cessation
- Alcohol Abuse and Addiction

Other:

- Blood Drive
- Back Massages
- Sign-up for FREE Birth Control & STD testing
- FREE Snacks & Condoms

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COLLEGE

All events and screenings provided free of charge to students, staff and community members.

Presented by the CHC, Health & Wellness Center through the generous support of Bringing Theory to Practice (BTtoP).