

# KWC Wellness Programs >> Fall 2009

>free to AU faculty, staff, and students!



## >Massage Therapy

Bridges Massage Therapy  
(by appointment only). Call 649-2858.  
1/2 hour: \$25    hour: \$45

## >Personal Training

\$12 per hour. Call Connie @ 641-4537.  
Hire a trainer for one or more sessions to start a safe, effective workout program.

## >Group Exercise Programs

*(Dance Studio)*

- **15-Minute Abs:** Mat exercises for abdominal and low back muscles. Mon. & Thurs., 5:15-5:30 p.m.
- **Aqua Aerobics:** Mon., Wed., & Thurs., 5-6 p.m., (Natatorium)
- **Boot Camp:** Cross training workout alternating aerobic and strength exercises. Tues., 7-8 p.m. & Thurs., 5:30-6:30 p.m.
- **Mind Body Fitness:** (faculty/staff only) Yoga-like strengthening & stretching exercises. Tues., 5:15-6:15 p.m.

- *Classes start the week of Sept. 21*
- *Coming in October ... ZUMBA Dance*

see details at

[www.anderson.edu/wellness/fall2009programs.pdf](http://www.anderson.edu/wellness/fall2009programs.pdf)

## >Wellness/Fitness Programs

- **100-Mile Club:** Starting Aug. 31, walk 100 miles (approximately 6 miles per week) during the fall semester. Sign up at KWC Info Desk. Record your miles each week. Feel energized, reduce your stress, lift your mood, sleep better, reduce blood pressure, burn calories, and win a T-shirt!
- **Strength-Training Seminar:** Come learn all you need to know about starting a safe and effective strength-training program. Sat., Sept. 19, 10-11 a.m. in KWC #158.
- **"Singing in a Circle":** AU community *women* are invited to join us at noon on the second and fourth Wednesdays of each month. Experience the fun and wellness benefits of singing songs and rounds in a circle. We will learn songs of celebration, hymns, spirituals, lullabies, and playful and joyful songs. Bring a sack lunch and come raise your voice and heart in song. Dates are 9/9, 9/23, 10/14, 10/28, 11/11, 11/25, 12/9, and 12/23.
- **Exercise Video Workout:** Bring your favorite exercise video or borrow one of ours. KWC #153, anytime during regular KWC hours.



## >Lunch and Learns

>12-1 pm. KWC #164. Cost is \$4. Menu TBA.  
RSVP to [crhippensteel@anderson.edu](mailto:crhippensteel@anderson.edu).

- **Chaos to Calm:** Thurs., Sept. 24  
Kim Ousley, founder of Chaos to Calm, will help us mind the clutter and conquer our surroundings. Feel yourself de-stress, relax, and breathe as you learn tips to simplify, organize, and downsize.
- **Slow Food USA:** Thurs., Oct. 22  
David Robb, past president of the Indianapolis Slow Food USA chapter, will explain the idea of slow food, a way of living and a way of eating. It links the pleasure of food with a commitment to community and the environment. Slow Food USA envisions a world in which all people can eat food that is good for them, good for the people who grow it, and good for the planet. Slow food is everything that fast food isn't.
- **Healing and Wellness: an Expanded Vision:** Wed., Nov. 18  
Dr. Stan Kardatzke will talk about the mind, body, spirit connection and restoring the spiritual art of healing to the science of medicine. He will discuss the science behind prayer and healing and miracles in early Church of God healings.