



**September**  
*Fall for Wellness*  
**2008**

# IPFW Health and Wellness

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>31</b> <b>STEPtember Challenge</b> 🍇 Begins	<b>1</b> <b>Labor Day</b> IPFW Closed	<b>2</b> <b>RAD</b> 🍇 WU 222-226 6:00-9:00 pm	<b>3</b> <b>WW Week 4</b> 🍇 KT 118, 12-1 pm	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> <b>STEPtember Week 2</b> 🍇	<b>8</b> <b>Free Fitness Testing</b> Gates Center 4:45-6:45 pm	<b>9</b> <b>RAD</b> 🍇 WU 222-226 6:00-9:00 pm	<b>10</b> <b>Blood Health Profile</b> WU G21 7-10 am <b>WW Week 5</b> 🍇 KT 118, 12-1 pm	<b>11</b> <b>Cooking Demo</b> 🍎 WU 114/116 12-1 pm	<b>12</b>	<b>13</b> <b>American Heart Walk</b> Hilliard Gates Sports Center 9:00 am
<b>14</b> <b>STEPtember Week 3</b> 🍇	<b>15</b>	<b>16</b> <b>RAD</b> 🍇 WU 222-226 6:00-9:00 pm	<b>17</b> <b>WW Week 6</b> 🍇 KT 118, 12-1 pm	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> <b>STEPtember Week 4</b> 🍇	<b>22</b> <b>Jump Start Your Health</b> 🍇Series Begins	<b>23</b> <b>Blood Health Profile</b> WU G21 7-10 am <b>RAD</b> 🍇 WU 222-226 6:00-9:00 pm	<b>24</b> <b>WW Week 7</b> 🍇 KT 118, 12-1 pm <b>Positive Parenting</b> 🍎 CM 16, 5:30-6:30 pm	<b>25</b>	<b>26</b>	<b>27</b> <b>Fort 4 Fitness</b> Half Marathon and 4 mile run/walk
<b>28</b> <b>STEPtember Week 5</b> 🍇	<b>29</b> <b>Jump Start Your Health</b> 🍇Week 2	<b>30</b>	See reverse side for event descriptions			

**Key:**

WW=Weight Watchers

🍎=Healthy Purdue Red Apple

🍇= Healthy Purdue Purple Apple

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[www.ipfw.edu/health](http://www.ipfw.edu/health)

# September Wellness Event Descriptions

<p><b>Rape Aggression Defense (RAD)</b> September, 2, 9, 16, 23 Walb Union 222-226 6:00-9:00 pm</p>	<p>A women's only self-defense class led by certified instructors. This 4 week, 12 hour class will leave you with a better knowledge of self-defense to protect yourself and get away from a dangerous situation. This class may be taken to earn a purple Healthy Purdue apple. <b>IPFW Employees and dependants receive a discounted price</b></p>
<p><b>Free Fitness Testing</b> September 8 Hilliard Gates Sports Center 4:45-6:45 pm</p>	<p>Come join us for free fitness testing in the Women's Basketball office near the customer service desk at Hilliard Gates Sports Center. Free testing is available on the 2<sup>nd</sup> Monday of each month. Records are kept so that you can monitor your progress. Testing includes blood pressure, height, weight, body fat analysis, body max index and blood sugar. IPFW fitness professionals on-hand to answer all of your questions.</p>
<p><b>Blood Health Profile</b> September 10      September 23 WU G21              WU G21 7:00-10:00 am      7:00-10:00 am</p>	<p>All employees, retirees, spouses/partners and the first 150 students can receive a free cholesterol and glucose screening. Screening includes total cholesterol, LDL, HDL, triglycerides, glucose, height, weight and blood pressure. Employees are eligible to receive a free screening once per year. A discounted \$14 exam includes an additional Chem 17 and hemogram. Schedule a screening online at <a href="http://www.ipfw.edu/health">www.ipfw.edu/health</a> and click the Blood Health Profile link on the left. October dates also available.</p>
<p><b>Weight Watchers</b> Wednesdays Kettler Hall 146 12:00-1:00 pm</p>	<p>Weight Watchers @ IPFW meets every Wednesday from 12-1 pm in KT 146. You don't have to do it alone! Join the IPFW Weight Watchers for tips, ideas and support! Join at any time. Fall II Session Open House will be Wednesday, October 29 in KT 146. Fall II Session will begin Wednesday, November 5.</p>
<p><b>American Heart and Stroke Walk</b> September 13 Hilliard Gates Sports Center Registration 8:30 am</p>	<p>Hilliard Gates Sports Center will host thousands of community members as we all walk to raise money for heart disease and stroke prevention. Join an IPFW team or create your own! Visit <a href="http://fortwayneheartwalk.kintera.org">http://fortwayneheartwalk.kintera.org</a></p>
<p><b>Positive Parenting</b> September 24 Classroom Medical 16 5:30-6:30 pm</p>	<p>Sharon Mowrer, MS, LMHC of Sharon Mowrer Counseling and Consulting PC will present a unique 1 hour session about positive parenting techniques. This session can be used as a red Healthy Purdue apple.</p>
<p><b>Cooking Demonstration</b> September 11 Walb Union 114/116 12:00-1:00 pm</p>	<p>Join us for a healthy lunch cooking demonstration presented by XXXXX</p>
<p><b>STEPtember 6 Week Challenge</b> August 31-October 11</p>	<p>Join America on the Move and thousands across the country as we all increase our daily activity. This six week challenge uses a pedometer to log your steps each day for the next six weeks. No need to be on-campus for this challenge! Register at <a href="http://www.ipfw.edu/health/employee">www.ipfw.edu/health/employee</a> and return forms to Jen Roherty, WU 234. This challenge can be used to earn a purple Healthy Purdue apple.</p>
<p><b>Jump Start Your Health 6 Week Series</b> Mondays, September 22-October 27 Meeting Place Meeting Time</p>	<p>Jump Start Your Health is a new 6 week series meant to offer ideas and motivation while you jump start your healthier lifestyle. Through group discussions, activity and fitness, you will leave with a new sense of understanding of your goals, motivation and how to improve your health.</p>

*Stay Informed!* Visit [www.ipfw.edu/health](http://www.ipfw.edu/health)

**Questions:** Contact Judy Tillapaugh 481-6647 or email [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu) or Jen Roherty 481-6746 or email [rohertyj@ipfw.edu](mailto:rohertyj@ipfw.edu)