

STAND UP for Your Health

Minority Health Month - April 2013

Please listen to NPR radio
for ***DID YOU KNOW?*** segments,
to learn facts about
Minority Health Month throughout April

Tuesday, April 2

Keeping LGBTQ Students Safe:

10 Strategies For Reducing Targeted Violence On Campus

Veterans Resource Center Webinar

Moderator: Craig Tollini

2 - 3:30 p.m. Multicultural Center Multi-purpose Room

What Have I Done to Protect My Health?

Paper Panels -- Hosted by Eta Sigma Gamma

Everyone is welcome to share experiences.

11:30 a.m. - 1:30 p.m. Student Union Food Court

Wednesday, April 3

Minority Health Fair

10 a.m. - 3 p.m. Multicultural Center First Floor

University Counseling Center

Walk-In Stress Management Clinic

Students can try the Relaxation Chair, as well as EmWave,
a stress management software program measuring heart
rhythms used in relaxation training.

1 - 3 p.m. Memorial Hall Room 122

Thursday, April 4

University Counseling Center

Walk-In Stress Management Clinic

2 - 4 p.m. Memorial Hall Room 122

Tuesday, April 9

Can You See Me Now: Perspective on Blindness

Panel Discussion: Visually impaired and blind children
and adults discuss life as it relates to their vision loss.

Moderator: Joanna Graham

4:30 - 6 p.m. University Union Lincoln Room

Tuesday, April 9

What Have I Done to Protect My Health?

Paper Panels

11:30 a.m. - 1:30 p.m. Various Locations

Wednesday, April 10

Documentary: *Soul Food Junkies*

by Independent Filmmaker Byron Hurt

5 p.m. University Union Sandburg Theatre

University Counseling Center Walk-In Stress Management Clinic

1 - 3 p.m. Memorial Hall Room 122

Thursday, April 11

Presenter: Hal Marchand, Ph.D.

Recent Health Findings in Indian Country

Recent studies conducted by the National Indian Health Board
funded by the Indian Health Service will be discussed.

3 p.m. Multicultural Center Boardroom

University Counseling Center

Walk-In Stress Management Clinic

2 - 4 p.m. Memorial Hall Room 122

Tuesday, April 16

Moderator: Byron K. Oden-Shabazz, CSMMD

Address Health Disparities Among Men in Minority Populations

5 - 6:30 p.m. University Union Lincoln Room

What Have I Done to Protect My Health?

Paper Panels

11:30 a.m. - 1:30 p.m. Various Locations

Wednesday, April 17

Panel Discussion: *Childhood Obesity*

with panelists Tina Saddler and Mei Wen

5 - 6:30 p.m. Stipes Hall Room 121

University Counseling Center

Walk-In Stress Management Clinic

1 - 3 p.m. Memorial Hall Room 122

Thursday, April 18

University Counseling Center

Walk-In Stress Management Clinic

2 - 4 p.m. Memorial Hall Room 122

Tuesday, April 23

Keynote Speaker: Linda Rae Murray, M.D. MPH

Chief Medical Officer, Cook County Dept of Public Health:

Cook County Health & Hospital System

6 p.m. University Union Sandburg Lounge

What Have I Done to Protect My Health?

Paper Panels

11:30 a.m. - 1:30 p.m. Various Locations

Wednesday, April 24

Ethnicity and Health

Presentation and Panel Discussion

4 - 5:30 p.m. Stipes Hall Room 121

University Counseling Center

Walk-In Stress Management Clinic

1 - 3 p.m. Memorial Hall Room 122

Thursday, April 25

Latino Health Access: A Model of Community Action

HBO Documentary: The Weight of the Nation --

Confronting America's Obesity Epidemic

5 - 6:30 p.m. Stipes Hall Room 121

University Counseling Center

Walk-In Stress Management Clinic

2 - 4 p.m. Memorial Hall Room 122

Tuesday, April 30

Get Fit with President Thomas

Join the WIU President for fun, activities
and prizes. Wear active clothes
and bring a friend.

3:30 - 5 p.m. Hanson Field



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Special Thanks: Equal Opportunity & Access, the Provost's Office, the President's Office, WIU Bookstore, Vice President of Student Services, Gwendolyn Brooks Cultural Center, Casa Latina, Women's Center, University Counseling Center, UCOSO

Veterans Resource Center, Human Resources, Department of Health Sciences, School of Nursing, Center for the Studies of Masculinities and Men's Development, McDonough County Health Department, HyVee, Center for International Studies

Beu Health Center, Eta Sigma Gamma, COEHS Dean's Office, Biology Department, Student Recreation Center, WIU Athletics, Department of Kinesiology, Department of African American Studies, Brown's Shoe Fit Co., Hibbett Sports, Grand Escape Day Spa and Salon