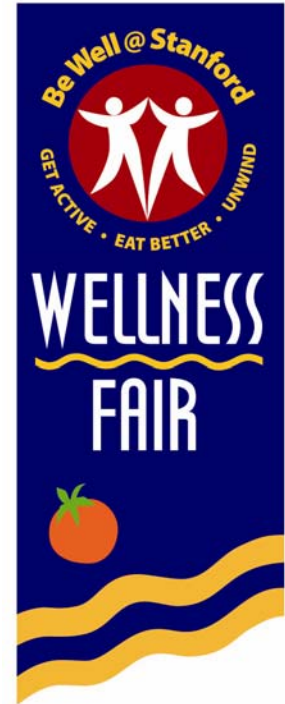


Events & Activities

2008 Wellness Fair – May 1

10 a.m. to 3 p.m. ~ Arrillaga Center for Sports and Recreation

- Test your blood pressure, body fat, bone density, **cholesterol*** and blood sugar
- Try your skill on the rock wall
- Watch demonstrations of tai chi, belly dancing, fencing, strength training, and other forms of exercise
- Try out a stationary bike, elliptical trainer and/or rowing machine
- Test your sunglasses for UV protection
- Find out if you have sun-damaged skin and learn to protect it
- See table tennis and squash demonstrations
- Enjoy healthy cooking demonstrations ~ and tasting
- Make a hole-in-one on our indoor putting green
- Register your bike & get a safety check
- Learn how to make your workstation comfortable and ergonomically correct
- Get a massage
- Give to your community by **donating blood***
- Observe yoga and Pilates classes
- Receive a free gift ~ enter a drawing for door prizes



**Don't wait in line. Make an appointment!*

Cholesterol

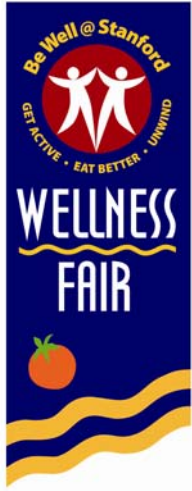
Note ~ You do not have to fast for this test.

- Go to www.wellcall.com
- Log in *or* register if a first-time visitor (password: **stanford**)
- Click on **Wellschedule**
- Click on **Stanford Wellness** and select a time
- On May 1, go to the cholesterol testing area at your appointed time

Donate Blood

Note ~ If you're not sure you can donate due to recent travel, call the Resource Nurse at 725-9968.

- Go to <http://bloodcenter.stanford.edu>
- Click on **Find a Blood Drive** ~ search by city (**Stanford**)
- Follow directions to schedule your appointment
- On May 1, find the Stanford Blood Mobile on Galvez



Wellness Fair Schedule

<i>Time</i>	<i>Activity</i>
10 a.m.	Doors open View a yoga class
10 a.m. – 3 p.m.	<ul style="list-style-type: none"> ■ Health screenings ~ cholesterol, bone density, blood pressure, body fat, blood sugar ■ Test cardio equipment ~ stationary bike, elliptical trainer, rowing machine ■ Take a memory test ■ Rock wall open ■ 10-minute neck/shoulder massage ■ Cooking demonstrations ■ Self-guided tour of facility ■ Donate blood ■ Bike safety check, registration, test new bikes
10:30 a.m.	Tai Chi demonstration
11 a.m.	View a core training class
11:30 a.m.	Tap dance demonstration
Noon	Battle of the Sexes ~ Squash court
12:15 p.m.	View Yoga/Pilates Fusion class
12:30 p.m.	Fencing demonstration
1 p.m.	Tai Chi demonstration
2:30 p.m.	Table tennis demonstration (tentative)

The Wellness Fair is jointly sponsored by Stanford University's
Benefits Department
Department of Athletics – Physical Education, Recreation & Wellness