University of New Orleans Counseling Services Presents

**Be Swell & Act Well!**

**WELLNESS WEEK 2016 SEPTEMBER 12-16**

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**MONDAY**

September 12

**BOKWA CLASS**

6:15 PM

UNO Recreational Center

Get a fast-paced aerobic workout based on dance, boxing, and kickboxing!

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**TUESDAY**

September 13

**IN OUR OWN VOICE**

12:15 p.m. to 1:45 p.m. in UC 208

Participate in an emotional health and Wellness discussion with the National Alliance on Mental Illness (NAMI)! NAMI's In Our Own Voice presentation will change attitudes, assumptions, and stereotypes by describing the reality of living with a mental illness.

**BOKWA CLASS**

6:15 PM

UNO Recreational Center

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**WEDNESDAY**

September 14

**HOOKING-UP & SEXUAL HEALTH**

12:30 p.m. to 1:30 p.m. in UC 206

Learn basic sexual health definitions, tackle myths vs. realities around sex and sexuality, and gain useful information about decision making, relationships, consent, sexual health and wellness, and off- & on-campus resources in this LGBTQ-inclusive presentation by UNO Counseling Services.

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**THURSDAY**

September 15

**HEALTH & WELLNESS EXPO**

12:30 p.m. to 2:00 p.m. in UC Lobby

Get to know health and wellness resources offered on campus and in the community! Featuring: Eat Fit NOLA, Big Easy Bucha, the UNO Recreation Center, Clean Creations, the National Acupuncture Detox Association, and more!

Raffle donated by City Surf.

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For disability-related accommodations for any of these events, please call Nina Stewart in Counseling Services located in the University Center, Room 226 at 504-280-6683.