Spring 2017 – Wellness Passport Events

8 DIMENSIONS OF WELLNESS

PHYSICAL  OCCUPATIONAL  SPIRITUAL  ENVIRONMENTAL  FINANCIAL  SOCIAL  INTELLECTUAL  EMOTIONAL

CAMPUS RECREATION AND WELLNESS

East Carolina University.
MARCH 2017

March 16 & 17, 2017: “Resurgent Russia: Friend or Foe?” **REGULAR**

- **Time:**
  - Thursday March 16, 2017 – 6:00PM – 7:00PM
  - Friday, March 17, 2017 – 12:00PM – 2:00PM
- **Location:** Faulkner Gallery, Joyner Library
- **Sponsoring Dept./Organization:** THCAS Dean’s Office, Russian Studies and Political Science

**Description:** This is a two-day Symposium devoted to a topic that is relevant to public interest and frequently discussed in the media today: “Resurgent Russia: Friend or Foe?” The two-day event will begin with a keynote lecture by the celebrated scholar and head of Columbia University’s Harriman Institute, Dr. Alexander Cooley. The following day, there will be a Symposium with poster presentations by ECU undergrads on related topics from 12 – 1 pm; and from 1 – 2 pm a roundtable debate on U.S.-Russian relations today by consisting of faculty from ECU’s Political Science, Security Studies, Economics, and Foreign Languages Departments.

**Dimensions of Wellness covered by this event:**

March 16, 2017: The Road Home **PREMIER**

- **Time:** 7:00PM – 9:30PM
- **Location:** Hendrix Theater
- **Sponsoring Dept./Organization:** Department of English, Student Veteran Services, Joyner Library

**Description:**

This program discuss the realities of war and the importance of creative expression for society and in the healing process for service members. **Program attendees** will become aware of the conflicting emotions that service members face on deployment and throughout their military service, as well as how creative expressions can help to lessen psychological and emotional effects of their service.

The Panelist will include:

Ron Capps, founder of the Veterans Writing Project in Washington, D.C. and author of the memoir, *Seriously Not All Right: Five Wars in Ten Years* and *Writing War: a Guide to Telling Your Own Story*. Capps served in the Army and Army Reserve from 1983 to 2008, as a cavalryman, human intelligence Case Officer, and Foreign Area Officer. He is a combat veteran of Afghanistan, served on peacekeeping duty in Sudan and Chad, and took part in a non-combatant evacuation during a military mutiny in the Central African Republic.
Fred Foote, USN Retired, a neurologist in combat theater operations, founder of The Warrior Poetry Project, and lead officer for The Epidaurus Project, an initiative to introduce an unprecedented level of holistic care and assessment in the Military Health System at Walter Reed Hospital. He is the author of Medic Against Bomb (2014) and the lead organizer for the newly established Green Road Project, “designed to scientifically measure the healing effects of spending time in nature.

Phil Klay served in Iraq’s Anbar Province from January 2007 to February 2008 as a Public Affairs Officer in the U.S. Marine Corps. After being discharged he went to Hunter College and received an MFA. Klay’s short story collection Redeployment (2014) won the National Book Award for Fiction. In 2015, he received the Marine Corps Heritage Foundations James Webb award for fiction dealing with U.S. Marines or Marine Corps life.

Dimensions of Wellness covered by this program:

March 18, 2017: The Second - Annual Interfaith Leadership Summit ***(PREMIER)***

- **Time:** 10:00AM – 3:30PM
- **Location:** MSC 244, 221, 14, 15, Great Rooms 1 - 3
- **Sponsoring Dept./Organization:** Interfaith Pirates Better Together

**Description:** The Interfaith Leadership Summit is a day where students can engage in interfaith dialogue as part of a campus-wide social justice movement. Students will engage with people of diverse faith and non-faith backgrounds, learn from the struggles of faith backgrounds different from their own, and build a network of empowerment around interfaith issues in order to deepen their understanding of these issues.

**Dimensions of Wellness Covered by this event:**

March 19, 2017: Social Justice Symposium **REGULAR**

- **Time:** 2:00PM – 6:00PM
- **Location:** Mendenhall Student Center
- **Sponsoring Dept./Organization:** Elite Pirates
Description: The Social Justice Symposium emphasizes the importance, relevance and need for a society that values diversity, inclusivity, equality, and the worth of all human beings. The purpose is of this event is to civil discourse while engaging the emotional, intellectual, and social dimensions of wellness. The symposium will attempt to bring differentiating perspectives to surface in hopes of coming together as a progressive student body.

Dimensions of Wellness covered by this event:

March 20, 2017: Indigenous Wellness **REGULAR**

- **Time:** 6:30PM  
- **Location:** Bate 1028  
- **Sponsoring Dept./Organization:** Sigma Omicron Epsilon

- **Description:** We are hosting a health program focusing mainly on Native American health disparities. We will have Dr. Ronny Bell speak about different condition that affect Native Americans. Our program will engage students about the different diseases that affect Native Americans and why. Also some students do not know what Native Americans are or they think Native Americans do not exist. So they will learn about diseases they may suffer from or they may know someone who suffers from a certain disease.

Dimensions of Wellness covered by this program:

March 21st: **ECU Sustainability Film & Discussion Series *** (PREMIER) ***

- **Time:** 6:30PM  
- **Location:** Jenkins Fine Arts Center Auditorium – Room 01220  
- **Sponsoring Dept./Organization:** ECU Sustainability Program or “SustainECU”

Description: SustainECU and the ECU Green Library Group are proud to present the first annual ECU Sustainability Film & Discussion Series, which strives to lend a voice to environmental sustainability and climate change issues affecting our community and the world.

The series will screen monthly documentary films ranging in topics from consumerism to waste, agriculture to water, and transportation to energy. Please join us and bring a friend to kick off this new series and stick around afterward for the post-film discussions.

The program is supported in part by ECU Facilities Services, Joyner Library, and Campus Recreation and Wellness.

Dimensions of wellness covered by this event:
March 21, 2017: Race in Our Space: Race in Social Groups **PREMIER**

- **Time:** 7pm – 9pm
- **Location:** SCI TEC C307
- **Sponsoring Dept./Organization:** Center for Leadership and Civic Engagement

**Description:** Race in Our Space: Race In Social Groups is a 2-part series sponsored by the Center for Leadership and Civic Engagement’s Democracy Fellows. A student and staff-led panel will provide participants an opportunity to discuss how race affects our personal experiences. Panelists and participants will practice respect and civility in discussing the impact of race on personal stories and experiences. Race in Our Space aims to create an open, safe, and supportive environment to explore race within the context of individual’s experiences. An opportunity for a Q & A will be provided for participants.

**Dimensions of Wellness covered by this event:**

March 21, 2017: Forbidden: Undocumented & Queer in Rural American **REGULAR**

- **Time:** 6:00PM – 8:30PM
- **Location:** Sci-Tech C307
- **Sponsoring Dept./Organization:** Ethnic Studies/Ethnic Studies Film Series

**Description:** When Moises Serrano was just a baby, his parents risked everything to flee Mexico and make the perilous journey across the desert in search of the American dream. After 23 years growing up in the rural south as an undocumented gay man, Serrano is forbidden to live and love in the country he calls home. He sees only one option-to fight for justice and demand equality.

**Dimensions of Wellness covered by this event:**
March 22, 2017: ECU’s 14 Annual Holocaust Remembrance Day: Survivor Story with Doctor Walter Pories Q & A. **PREMIER**

- **Time:** 7pm – 9pm
- **Location:** Mendenhall Great Rooms
- **Sponsoring Dept./Organization:** Hillel At ECU, Pirates for Israel, Interfaith Pirates, Better Together & others

**Description:** Our program will include a Holocaust survivor telling his story of escaping the concentration camps and a question answer section hosted by the Rabbi from Greenville’s Local synagogue, Congregation Bayt Shalom.

**Dimensions of Wellness covered by this event:**

Intellectual & Spiritual

March 23, 2017: Student Success in the 21st Century featuring Dr. Freeman Hrabowski **PREMIER**

**Time:** 7:00PM
**Location:** Wright Auditorium
**Sponsoring Dept./Organization:** Office of the Chancellors – Cecil Staton

**Description:** Chancellors Installation Keynote Speaker -- Dr. Freeman A. Hrabowski, President of UMBC (University of Maryland, Baltimore County) since 1992, is a consultant on science and math education to national agencies, universities, and school systems. He was named by President Obama to chair the President’s Advisory Commission on Educational Excellence for African Americans. He also chaired the National Academies’ committee that produced the report, Expanding Underrepresented Minority Participation: America’s Science and Technology Talent at the Crossroads (2011).

Named one of the 100 Most Influential People in the World by *TIME* (2012) and one of America’s Best Leaders by *U.S. News & World Report* (2008), he also received TIAA-CREF’s Theodore M. Hesburgh Award for Leadership Excellence (2011), the Carnegie Corporation’s Academic Leadership Award (2011), and the Heinz Award(2012) for contributions to improving the “Human Condition.” UMBC has been recognized as a model for inclusive excellence by such publications as *U.S. News*, which the past eight years has recognized UMBC as a national leader in academic innovation and undergraduate teaching.
March 24, 2017: What is Hmong? **PREMIER**

- **Time:** 5:00PM – 7:00PM
- **Location:** MSC Social Room & MSC Brickyard
- **Sponsoring Dept./Organization:** Hmong Student Association

**Description:** Students who attend the program will be able to learn about the Hmong culture and understand their history through a series of acts such as: Presentation, Hmong Dancing, Fashion Show etc. Students will able to connect socially and interact with Hmong Students who will be facilitating 6 interactive booths.

This program will be divided into 2 portions: inside (MSC Social Room) and outside (MSC Brickyard).

**Inside (MSC Social Room) 5:00 PM – 6:00 PM:**
- Introduction of HSA of ECU
  - Introduction of Officers
- Small Presentation on “Who are the Hmongs?”
- Hmong Dancing
- Hmong Fashion Show featuring varies clothing of the 15 tribes in the Hmong Culture.
- Crowd interaction game.

**Outside (MSC Brickyard) 6:00 PM – 7:00 PM:**
- 6 Interactive Booths
  - Instrument/Tools Booth
  - Clothing/Story Cloth Booth
Dimensions of Wellness covered by this event:

March 27th: “Call the (Easter North Carolina) Midwife; The Remarkable Career of Lovie Beard Shelton” **REGULAR**

- **Time:** 4:30pm
- **Location:** Laupus Library – Evelyn Fike Laupus (4503)
- **Sponsoring Dept./Organization:** Laupus Library

**Description:** The Laupus Library History Collections & the Department of Bioethics & Interdisciplinary Studies sponsor the Medical History Interest Group presentations as an education services for the East Carolina University Committee. As part of the Medical History Interest Group Lecture Series, Lisa Yarger, MA Folklore and Freelance Writer and Bookshop Owner in Munich, Germany will share with the audience the tale of Eastern North Carolinian, nurse-midwife, Lovie Beard Shelton. From 1950 to 2001, Shelton delivered some 4000 babies in eastern North Carolina homes. The first public health nurse in Pamlico County and the first nurse-midwife to practice in North Carolina, Shelton, who was white, navigated between the white medical and public health establishment and the African American communities she primarily served. Her career serves as a window into the rich and complicated history of birth and midwifery in North Carolina in the second half of the 20th century.

**Dimensions of Wellness covered by this program:**

March 23, 2017: Gender and the Next Gen **REGULAR**

- **Time:** 6:30PM
- **Location:** Hendrix Theatre
- **Sponsoring Dept./Organization:** Department of Sociology

**Description:** The Department of Sociology will present “Gender and the Next Gen” on Thursday, March 23 at 6:30 pm in Hendrix Theater. This event will serve as the launch for the new Gender Studies program within Sociology and feature a panel of speakers addressing a variety of contemporary gender issues.

**Dimensions of Wellness covered by this event:**
March 27, 2017: *Take No Days Off** **PREMIER**

- **Time:** 6:00PM
- **Location:** MSC Hendrix Theatre
- **Sponsoring Dept./Organization:** Collegiate Recovery Center

**Description:** Both from Virginia Beach, Virginia, Giavanni Ruffin and Kevin Gidrey, former student-athletes of ECU and members of ECU’s back to back conference championships, return home to share powerful testimonies. Ruffin, who left ECU in 2011 and trained for 5 straight years before getting a NFL shot last year, helps thousands of kids through Taking No Days Off! Gidrey, who left the NFL and transitioned to success in Corporate America, faced adversity within his family when he found out his wife was diagnosed with cancer while pregnant with their son, all in the first year of their marriage. The two will share their stories, with Gidrey “opening the whole” for Ruffin, just as he did in their playing days as Pirates!

**Dimensions covered by this event:**

![Emotional, Social, Physical, Occupational]

March 27, 2017: I am Beautiful **REGULAR**

- **Time:** 6:30PM
- **Location:** Bate 1028
- **Sponsoring Dept./Organization:** Sigma Omicron Epsilon Inc.

**Description:** This event will focus on uplifting female students by teaching about women empowerment. Dr. Virginia Hardy will speak deliver her remarks on Women Empowerment. A spoken word session will follow Dr. Hardy’s address.

**Dimensions of Wellness covered by this event:**

![Emotional, Intellectual, Social]

March 28, 2017: *The Human Library** **PREMIER**

- **Time:** 1pm – 4pm
- **Location:** The Faulkner Gallery of Joyner Library
- **Sponsoring Dept./Organization:** Joyner Library, Diversity Committee
**Description:** The Human Library is an event wherein students are welcomed into the library to check out “human books.” Each of the preselected human books will have devised a title to explain their life, which may purposefully reflect one or more common stereotypes. The event’s main purpose is to break those stereotypes and create an open dialog about increasing inclusion on campus. This event follows a successful format that has been used worldwide; the full website outlining the concept can be found here: [http://www.humanlibrary.org/](http://www.humanlibrary.org/)

At the event, librarians will be on hand to facilitate students checking out human books. For 10-15 minutes, the student and the human book will go to a table and be able to talk openly. The student can ask questions about the human book’s life in order to better understand the culture and background of the human book. Some starter questions will be provided to ensure the conversation flows. Additionally, if students feel uncomfortable meeting one-on-one with someone, they will be able to meet in two-person teams.

Space will be limited, due to the fact that we will have 30-35 human books. Students completing this activity for a Wellness Passport credit will be expected to meet with two human books, rather than just one. This event will also be open to the greater ECU community.

**Dimensions of Wellness covered by this event:**

- Physical
- Social
- Emotional
- Spiritual

**March 29, 2017:** “NC Pulitzer: The Power of Words” statewide initiative presents the Pulitzer prize-winning dramatist Ayad Akhtar **PREMIER**

- **Time:** 3:00pm – 5:00Pm
- **Location:** Hendrix Theatre
- **Sponsoring Dept./Organization:** ECU Contemporary Writers Series

Descriptions: The Pulitzer prize-winning dramatist Ayad Akhtar will meet with students and participate in a dramatic reading of his work performed by ECU Theatre students on stage at Hendrix Theatre at 3-5 pm on Wednesday. The reading directed by Jen-Scott Mobley will be followed by an onstage forum hosted by Professor Bob Siegel.

**Dimension of Wellness covered by this program:**

- Spiritual
- Intellectual
- Emotional
- Social

**March 29, 2017:** Alcohol, Parties, and Law **PREMIER**

- **Time:** 7pm – 8:30pm
- **Location:** Hendrix Theater
- **Sponsoring Dept./Organization:** SAB, Off-Campus Student Services, Campus Recreation and Wellness
**Descriptions:** C.L. Lindsay, author of The College Student’s Guide to the Law will share with students their rights as it pertains to NC Law. The focus is on educating students to make wise decisions and become interactive bystander. This program focuses on underage drinking, public urination, how to avoid citations, how to legally serve liquor, and pre-party prep. C.L. Lindsay retired from practicing law and is the co-founder of CO-STAR, The Coalition for Student & Academic Rights.

**Dimensions of Wellness covered by this event:**

March 29, 2017: Dress to Impress **REGULAR**

- **Time:** 4:00PM – 5:00PM
- **Location:** SRC Classroom
- **Sponsoring Dept./Organization:** Campus Recreation and Wellness

**Description:**
- This will be a lecture style program with an ice breaker and ending activity.
- Kelli Russell, a faculty member from the College of Health and Human Performance, will lead a lecture that will teach students the importance of dressing well for interviews.
- Russell will also teach students the “do’s and don’ts” when dressing for an interview
- Russell will also discuss how to shop for professional/business casual clothes when you are on a budget
- The ending activity will demonstrate what students have learned during the lecture

**Dimensions of Wellness covered by this event:**

March 30, 2017: Parrot Heads Screening with Bryce Wagoner and Vance Daniel’s ECU Alumni **PREMIER**

- **Time:** 7:00PM – 9:00PM
- **Location:** Hendrix Theatre
- **Sponsoring Dept./Organization:** Student Activities Board: Films Committee

**Description:** A screening of the new documentary, “Parrot Heads”, which documents the history of Jimmy Buffett’s fan base who call themselves ‘Parrot Heads’. Six ECU alumni worked on this project, and the director and producer, Bryce Wagoner and
Vance Daniels, would attend to lead a Q&A after the screening. There would be a costume contest with a Margaritaville Prize (t-shirt, movie poster, etc.) to the winner, as the ‘Parrot Head’ culture is largely based on dressing up.

**Dimension of Wellness covered by this program:**

March 30, 2017: Jenn Cassetta “Hear Me Roar” **PREMIER**

- **Time:** 5pm – 6:30pm
- **Location:** MSC Hendrix Theatre
- **Sponsoring Dept./Organization:** Student Activities Board, Campus Recreation and Wellness, Counseling Center

**Description:** After a few dangerous close calls, Jennifer chose to dedicate her life to training in martial arts and providing empowering programs to help enhance people’s personal safety and confidence. The program, Hear Me Roar, tackles sexual assault prevention with an empowering blend of statistics, stories and personal safety and self-defense tips to stand up and fight back. Students are encouraged to tackle taboo subjects like date rape, domestic violence, stalking and sexual assault. Jennifer provides tips on how to be safe wherever you are, whether on campus, on a date, or even walking down the street.

**Dimensions of Wellness covered by this event:**

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**APRIL 2017**

April 1st: *Battle of Organizations: Quiz Bowl **REGULAR***

- **Time:** 5:00pm – 6:30pm
- **Location:** Hendrix Theatre
- **Sponsoring Dept./Organization:** Student Involvement and Leadership and Omicron Delta Kappa

**Description:** The Omicron Delta Kappa National Leadership Society is sponsoring the first annual *Battle of the Organizations: Quiz Bowl!* This event will take place on **Saturday, April 1st from 5:00 - 6:30 pm** in **Hendrix Theater** and will feature a trivia tournament hosted by Associate Vice Chancellor, Dr. Erik Kneubuehl.

All proceeds will go to K.I.D.S. (Kids In Distressed Situations) which is a non-profit organization that provides disaster recovery resources such as clothes and shoes to children all over the world. For more information about this charity, visit [http://www.donateproduct.com/](http://www.donateproduct.com/). While admission for audience members will be free, we will be asking for donations to help K.I.D.S.

**Dimensions of Wellness covered by this program:**
April 1, 2017: StrikeOut Cancer **REGULAR**

- **Time:** 2:00PM
- **Location:** ECU Softball Stadium
- **Sponsoring Dept./Organization:** Athletics

**Description:** We use this event to raise awareness and share general facts about Breast Cancer. We also recognize local survivors. Vidant will be on site with information regarding early detection and warning signs.

**Dimension of Wellness covered by this event:**

![Physical Wellness](image)

April 2, 2017: AIDS Benefit Showcase **PREMIER**

- **Time:** 4:00PM
- **Location:** Hendrix Theatre
- **Sponsoring Dept./Organization:** Black Student Union

**Description:** The AIDS Benefit Showcase is an annual showcase that the Black Student Union hosts to raise awareness about AIDS. It is a show where we put on a performance of many relatable situations to college students. The performance is a combination of acting, modeling and dancing. After the performance we have an open discussion with people from local health departments in Pitt County who answer questions about sexual health and disease not only in Pitt County, but in other surrounding counties. Students are educated upon the topic and also ask these health professionals questions pertaining to sexual health.

**Dimensions of Wellness covered by this event:**

![Physical and Social Wellness](image)

April 4th – April 21st: Stress Management Sessions *REGULAR*

- **Time:** See Doodle Poll for further details regarding session times (http://doodle.com/poll/x4kk9u82s976sd5t)
- **Location:** Wellness Center
- **Sponsoring Dept./Organization:** ECU Counselor education program, Campus Recreation and Wellness
**Description:** The primary focus of each session will be conversation, goal setting, and identifying additional resources for each student to help him or her plan how to improve their emotional and mental wellbeing. Students will receive a passport stamp for meeting with either Brooke or myself for one hour.

**Note:** Sessions are available on a first come first serve basis. Students select a time slot by completing the Doodle Poll ([http://doodle.com/poll/x4kk9u82s976sd5t](http://doodle.com/poll/x4kk9u82s976sd5t))

**Dimensions of Wellness covered by this series of events:**

**April 4, 2017: Know the Signs: A Domestic Violence Awareness Presentation**

**REGULAR**

- **Time:** 6:00PM
- **Location:** Sci Tech C - 209
- **Sponsoring Dept./Organization:** Office of Student Rights and Responsibilities

**Description:** Lt. John Guard from ECU Police Department will be doing a presentation on Domestic Violence wherein he will inform students of the dangerous signs of abusive relationships. Issues addressed in this presentation will include components of healthy and unhealthy relationships.

**Dimensions of Wellness covered by this program:**


**PREMIER**

- **Time:** 7:00PM
- **Location:** Hendrix Theater
- **Sponsoring Dept./Organization:** Student Activities & Organizations and Campus Living

**Description:** James Robilotta is an author, professional speaker, personal coach, entrepreneur, and trained stand-up comedian. In his keynote “Leading Imperfectly” he combines his ability to make people laugh with his strong desire to make people see the value in themselves. He teaches students how being more authentic inspires open communication, forms tighter bonds, and causes members to be more engaged. Armed with hilarious stories, brilliant metaphors, and a message from the heart, James teaches the importance of leading authentically and imperfectly.

**Dimensions of wellness covered by this event:**
April 4, 2017: Fighting the Fifteen **REGULAR**

- **Time:** 4:00PM – 6:00PM  
- **Location:** SRC Court 1  
- **Sponsoring Dept./Organization:** Campus Recreation and Wellness

**Description:**

- The goal of this program is to show students how to lose weight in a safe way, while having a busy college schedule.  
- Students will participate in a work-out routine that can be replicated at home that will be led by the CRW Fitness Intern.  
- After the program, Campus Dinning will be there to serve snacks that students can make at the dining halls on campus.  
- Counseling Center will be there to discuss how to avoid eating disorders and where to get help if a student is starting to develop/ or has an eating disorder.  
- Wellness Center will have a table to promote positive body image through “trashing your insecurities”.

**Dimensions of Wellness covered by this event:**

April 5, 2017: 10th Annual Culture Fest: A Taste of ECU (RAIN DATE – April 6th) **REGULAR**

- **Time:** 5:30pm – 7:00PM  
- **Location:** MSC Brickyard  
- **Sponsoring Dept./Organization:** Ledonia Wright Cultural Center, C.U.L.T.U.R.E. Programming Board, Campus Living Social Justice Education Team, Student Activities Board, Student Government Association, Office of Global Affairs and International Student Association

**Description:** The 10th Annual Culture Fest event will feature various cultural foods for sampling, activities, giveaways, and highlight cultural performances by student organizations and international students. Join us for a celebration of culture!

**Dimensions of Wellness covered by this event:**
April 6, 2017:  Dr. Marijeta Bozovic (Yale University) “Voices from the Post-Soviet Svetlana Alexievich and the Politics of Prose” **REGULAR**

- **Time:** 6:00PM - 7:00PM
- **Location:** Faulkner Gallery, Joyner Library
- **Sponsoring Dept./Organization:** THCAS Dean’s Office, Russian Studies and Political Science

**Description:** Svetlana Alexievich, the 2015 winner of the Nobel Prize in Literature, is a Russian-language writer of Ukrainian and Belarussian descent. Her most well known works include Secondhand Time: The Last of the Soviets (2013), Voices of Chernobyl: The Oral History of a Nuclear Disaster (1997), and War’s Unwomanly Face (1985). Her writing, often described as “documentary prose,” captures the voices and human histories of dramatic events in the Soviet and Post-Soviet world. The Nobel Committee praised Alexievich’s work as “a monument to suffering and courage in our time.” Her 2013 book Secondhand Time, which the lecture will focus on, explores the difficult transition of former Soviet citizens, capturing their complex and contradictory attitudes to the Soviet past and post-Soviet global capitalism. The lecture will provide insight not only into the work of this important writer and the post-Soviet zeitgeist, but also into challenges of postmodernity and globalization writ large. A reading and discussion group will be held in advance of the lecture with Dr. Justin Wilmes.

Dr. Marijeta Bozovic is a celebrated scholar in 20th- and 21st-century Russian and East European literatures and cultures and co-editor of the journal Russian Literature. She is author of the 2016 monograph Nabokov’s Canon, and editor of the 2016 collection Watersheds: Poetics and Politics of the Danube River and the forthcoming book Nabokov Upside Down.

**Dimensions of Wellness covered by this event:**

April 6, 2017: Public Health Research Symposium **REGULAR**

- **Time:** 11am – 1pm
- **Location:** Carol G. Belk Building (1st floor)
- **Sponsoring Dept./Organization:** Department of Health Education Promotion

**Description:** This research symposium is an opportunity for students to learn about research that is going on in the public health field on or around campus. The posters will be presented around the hallway of the Belk Building, and researchers have the option to stand with their poster to explain the research. Students who choose to attend for passport credit will receive a sheet to write down ten research posters that they learned about; this must be filled out to get full credit for the event. However, any student or staff member is welcome!
Dimensions of Wellness covered by this event:

April 7, 2017: National Public Health Week Zumbathon! **REGULAR**

- **Time:** 10:00AM
- **Location:** Minges Coliseum
- **Sponsoring Dept./Organization:** Department of Health Education Promotion

**Description:** This program is part of the Department of Health Education and Promotion’s National Public Health Week (week-long) event. We will have a Zumba instructor from CRW come host an hour-long Zumbathon, promoting physical fitness in ECU students and how this relates to public health.

Dimensions of Wellness covered by this event:

April 10th: **"In the Beginning...The Tar Heel State and Public Health"** **REGULAR**

- **Time:** 4:30pm
- **Location:** Laupus Library – Evelyn Fike Laupus Gallery (4503)
- **Sponsoring Dept./Organization:** Laupus Library

**Description:** The Laupus Library History Collections & the Department of Bioethics & Interdisciplinary Studies sponsor the Medical History Interest Group presentations as an education services for the East Carolina University Committee. As part of the Medical History Interest Group Lecture Series, E. Daniel Shingleton, MSW, ECU Social Work (retired) and public health historian, will provide an overview of the formative years of public health services in North Carolina. He shows how Drs. Thomas F. Wood and Solomon S. Satchwell played critical roles in the formation of the North Carolina State Board of Health in 1877. The related importance of the North Carolina Medical Society will also be outlined.

*Dimension of Wellness covered by this event:*

April 10, 2017: **“The Mask You Live In “Film Screening** **PREMIER**

- **Time:** 6:30PM – 8:30PM
- **Location:** Great Rooms in Mendenhall
• **Sponsoring Dept/Organization:** Center for Counseling & Student Development, Student Activities Board and others.

**Description:** The Mask You Live In is a groundbreaking documentary that discusses the struggle that boys and men face while negotiating America’s narrow definition of masculinity. The men and boys in the film discuss pressures from the media, their peer groups, and other sources that tell them “being a man” means to disconnect from emotion, devalue authentic friendships, objectify women, and resolve conflicts through violence. Experts in neuroscience, psychology, sociology, athletics, education, and media also weigh in, offering empirical evidence of this crisis and tactics to combat it. See a trailer for the film here: https://www.youtube.com/watch?v=hc45-ptHMxo

At the event, we would be screening the documentary and following it with small group breakout discussions led by ECU faculty and staff. Discussion would be focused on lived experience of these phenomena and how we can work together to break through this narrow view of masculinity in a way that empowers, not harms, men and boys.

**Dimensions of Wellness covered by this event:**

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**April 11, 2017:** Slavery by Another Name **REGULAR**

• **Time:** 6pm – 8:30pm
• **Location:** Sci-tech C307
• **Sponsoring Dept/Organization:** Ethnic Studies/Ethnic Studies Film Series

**Description:** Slavery by Another Name, narrated by Laurence Fishburne, is a 90-minute documentary that challenges one of Americans' most cherished assumptions: that slavery in this country ended with the Emancipation Proclamation. The film tells how even as chattel slavery came to an end in the South after the Civil War, new systems of involuntary servitude took its place with shocking force and brutality. The film documents how for more than 80 years, thousands of African Americans, often guilty of no crime at all, were arrested, compelled to work without pay, repeatedly bought and sold, and coerced to do the bidding of white masters. Tolerated by both the North and South, forced labor lasted well into the 20th century.

**Dimensions of Wellness covered by this event:**
April 12th: Trivia Night: Healthy Relationships **REGULAR**

- **Time:** 5pm – 6pm
- **Location:** Student Recreational Center Classroom
- **Sponsoring Dept./Organization:** Campus Recreation and Wellness

**Description:** Students will participate in an educational trivia game with discussion about characteristics of healthy and unhealthy relationships as well as identify local resources for support. *Cap of 30 students allowed in the SRC Classroom; please make arrangements to arrive early to ensure a seat.

**Dimensions of Wellness covered by this event:**

April 17, 2017: Tomi Lahren **PREMIER**

- **Time:** 6:30pm – 8:00pm
- **Location:** MSC Hendrix Theater
- **Sponsoring Dept./Organization:** Department of Student Involvement & Leadership, Turning Point USA, and SGA

**Description:** Renowned conservative commentator, Tomi Lahren, will educate students on limited government and current political topics. Lahren hosted her own show on the One America News Network before moving to The Blaze in 2015. Clips from her show regarding current events in American politics have propelled her to internet fame. Tomi prides herself on the fact that her messages provoke action. She has never desired to present a neutral argument regarding current topics, but believes that whether or not her listeners agree or disagree with her they are left with a desire to take action.

This event is free, but a ticket is required for students, faculty and staff by visiting the Central Ticket Office in Mendenhall Student Center. Tickets will be available starting March 31. Seating is limited to the first 700. No outside guests due to space capacity.

**Dimensions of Wellness covered by this event:**

April 18th: “Stress Less” Day **REGULAR**

- **Time:** 11:00AM – 3:00PM
COAD 1000 Wellness Passport Calendar of Events (Continued)
Spring 2017

- **Location:** MSC Brickyard
- **Sponsoring Dept./Organization:** Campus Recreation and Wellness

**Description:** “Stress Less” Day will provide students with a day of stress free activities as they prepare for their final exams. The event will include tailgate games such as corn hole and ladder ball, light refreshments, make your own stress ball and educational tables on how to properly manage stress. The event will wrap up with a water balloon fight on the grass in front of Mendenhall.

**Dimensions of Wellness covered by this program:**

- Emotional
- Physical
- Social
- Spiritual

**April 18th:** Green is the New Black by Alysia Reiner **PREMIER**

- **Time:** 7:00PM
- **Location:** MSC Hendrix Theater
- **Sponsoring Dept./Organization:** Student Activities Board, ECUSustain, Campus Recreation & Wellness, Facilities, Dining, Joyner Library, Off-Campus Student Services

**Description:** In this fascinating discussion, Alysia explains how she became interested in preserving the environment, ways she learned to integrate eco living into her day to day routine, and explains the true meaning of 'going green' while giving students tips and tricks for easy ways they can join in too. Alysia highlights many unique, surprising ways that they can do their part to help the cause - fashion swaps, dining healthy, and selecting appropriate beauty products. Alysia's passion for the topic is infectious, she'll have your entire campus re-thinking their role in preserving the environment in their own way

**Dimensions of Wellness covered by this event:**

- Environmental

**APRIL 19th:** ECU Sustainability Film & Discussion Series **(PREMIER)**

- **Time:** 6:30PM
- **Location:** Jenkins Fine Arts Center Auditorium – Room 01220
- **Sponsoring Dept./Organization:** ECU Sustainability Program or “SustainECU”

**Description:** SustainECU and the ECU Green Library Group are proud to present the first annual ECU Sustainability Film & Discussion Series, which strives to lend a voice to environmental sustainability and climate change issues affecting our community and the world.
The series will screen monthly documentary films ranging in topics from consumerism to waste, agriculture to water, and transportation to energy. Please join us and bring a friend to kick off this new series and stick around afterward for the post-film discussions.

The program is supported in part by ECU Facilities Services, Joyner Library, and Campus Recreation and Wellness.

**Dimensions of wellness covered by this event:**

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**April 19, 2017: Bryan Adams “My War on PTSD” **PREMIER**

- **Time:** 5:00PM – 6:00PM
- **Location:** MSC Hendrix Theatre
- **Sponsoring Dept./Organization:** Student Activities Board, Off-Campus Student Services, Pirate Vets, Co-Curricular Progaming

**Description:** Bryan Adams’ presentation, “My War on PTSD” recounts his military service as a sniper in Iraq, being wounded in Tikrit, his physical recovery, and his struggle with mental health issues once he returned to civilian life. He candidly discusses his PTSD and anxiety disorder, alcohol abuse and depression, and his continuing care. A dedicated advocate, Bryan offers hope to veterans and active duty service members, and those who care for them. He delivers a message that impacts all audiences—students, school faculty and staff, military personnel and medical professionals alike. It is his mission to lead others to make positive changes in their own mental health situations, and to spread awareness about the specific needs of returning soldiers who, as war veterans, often carry the lingering effects of their experiences with them as they come home and transition back into their communities.

**Dimensions of Wellness covered by this event:**

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**April 26th: Celebrating Success and Moving on from Failures **REGULAR**

- **Time:** 12pm – 1:00PM
- **Location:** Hendrix Theater
- **Sponsoring Dept./Organization:** Center for Counseling and Student Development

**Description:** Often students are so impacted by failing or struggling with a task that they are unable to celebrate their personal successes. This program will introduce the concept of resiliency and how sometimes “failing” is exactly what we need to set new goals and move forward! (Please note that the doors will close at 12:15 and no stamps will be given to those who arrive after that time.)

**Dimensions of wellness covered by this event:**
May 2017