

OctSOBERfest 2014

Celebrate Alcohol Awareness Month at ODU! Healthy and fun alternatives to drinking!

SAC sponsored movies: *Good People* on Oct 1-4, 8pm & *Guardians of the Galaxy* on Oct 15-18 at MGB 102. Friday Night fun! Grab your friends and head over to MGB 102 to watch a movie for FREE!

Red Watch Band Training Oct 2, 2-4pm at Webb Center. Show your Monarch Pride and earn your Red Watch Band today! This program provides students with the knowledge, awareness, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respects. Sponsored by the Office of Counseling Services. To register call 757-683-4401

Alcohol and Depression Screenings Oct 7, 6-8pm at Whitehurst, Gresham, Rogers, and Scotland. Stop by the Residence Halls to complete free alcohol and depression assessments. FMI: 757-683-4401

Ashton Applewhite "This Chair Rocks" Oct 9, 6pm at BAL 1012 (location may be changed). *This Chair Rocks: How Ageism Warps Our View of Long Life*. A talk and conversation about why the more you know about old age the better it looks-and why so few people know it. Ashton Applewhite is the voice of *Yo Is This Ageist* and has been writing about ageing and ageism since 2007 at *This Chair Rocks*. FMI: Contact the Women's Center at 757-683-4109

Monarchs Meals in the Microwave Oct 15, 11:00-12pm at James Lynn Room, Webb Center Rm 1303/1304. Microwave meals any Monarch can make for breakfast, lunch, dinner and/or snacks! Recipes and samples provided. Please pre-register through SHS Health Promotion, 1525 N Webb Center, 683-5927 POC: Tracy Conder, RD, CSSD-tconder@odu.edu.

Secrets of A Bartender Oct 16, 12-1:30pm at Front Lobby Webb Center. Come and find out some helpful and important secrets that only a bartender would know. Enjoy yummy mocktails and great info! FMI: mlocke@odu.edu

Kroger Grocery Store Tour: Healthy Eating on a Budget Oct 17, 12:30-4:30 pm SHS Health Promotion- 1525 N Webb Center. Join our ODU Dietitian for a grocery store tour at Kroger. Meet at Health Promotion in the Webb for a quick introduction to this event, ride the shuttle to Kroger and enjoy an isle by isle tour! Our Dietitian will help you find those nutrition gems throughout the store that make it easy and affordable to eat healthy. Bring a short list of items you need to buy and your payment method. There will be time at the end of the tour for you to purchase a bag (or 2) of groceries! ...Dietitian approved, of course! POC: Tracy Conder, RD, CSSD- tconder@odu.edu.

OctSOBERfest Alcohol Screening Oct 22, 12pm-1:30pm at North Mall Webb Center. Stop by the Webb Center to complete a free alcohol assessment with Old Dominion University- Counseling Services. Learn how to recognize the signs and symptoms of alcohol abuse and how to help a friend. FMI: 757-683-4109

Body Love Zumba Oct 24, 11-12pm at Hampton/Newport News Webb Center. Join us for a Zumba party to celebrate our bodies. No judgment or negative self-talk will be allowed, just fun and radical self-love. FMI: 757-683-4109

8th Annual Housing & Residence Life Haunted Halls Oct 24 & 25, 8pm-midnight, at Powhatan Community Room. Want to go?! Donate nonperishable food items to benefit the Food Bank of Southeastern Virginia! FMI: Contact ODU HRL or 757-683-4748

Free Women's Self Defense Workshop Oct 25th 1-3pm at Norfolk Karate Academy, 814 West 45th Street, Norfolk, VA, 23508. Female students can learn easy self-defense techniques that can potentially be used to escape a dangerous situation. Please RSVP to womenctr@odu.edu by 10/24. FMI: Contact the Women's Center at 757-683-4109.

Zombie Invasion Oct 27, 6-8pm at the Learning Commons in Perry Library. Students will have a choice in stepping into the shoes of a zombie, zombie hunter, or as a survivor in a hunt to learn how to navigate the twists and turns of research in order to stay alive. The first student to get through the course in each track will receive a prize. This will be a fun event to orient you to the Library. Dressing up as a zombie is encouraged. FMI: 757-683-4131

Breastival & Fun Walk! Oct 30, 11am-2pm at Kaufman Mall. Join us for the ODU Breastival & Fun Walk to raise money for Breast Cancer Research. Activities will include a Fun Walk, Bra Decorating Contest, Information Fair, Food, Games, & Prizes. Don't forget to wear PINK! FMI: 757-683-5927

Healthy Happy Hour/Octoberfest Games Every Tuesday and Thursday, 12:30 at Front Lobby Webb Center. Come out every Tuesday and Thursday and play games while learning about alcohol responsibility. Jeopardy, Spin the Wheel, Walk the Line, and many more chances to win prizes! FMI: mlocke@odu.edu

Visit the Student Rec Center! Curious how long it will take you to "work off" the calories from drinking alcohol? Check out the calorie cards posted on the cardio machines throughout the month to educate users about alcohol and empty calories. FMI: 757-683-3384

Check PAW's (Programs All Weekend) fall schedule for additional events!

Want to Win a Prize??

Complete E-Chug or E-Token

(<http://interwork.sdsu.edu/echug2/ODU>) or (<http://interwork.sdsu.edu/etoke/ODU>), print out the completion certificate and bring it to 1525 North Webb Center (near Starbucks) and receive a free t-shirt!



Monarch Wellness:

Physical

Emotional

Social

Intellectual

"May all of your festivities be happy and healthy"

SHS Health Promotion: 1525 North Webb Center, 757-683-5927