Monday, April 7:

- **The Great Beach WALK-ON: Self Guided**
  - 1 & 2 Mile hiking routes available for the CSULB Community to experience Fun, Health & Wellness through Walking. Walking route opens at 10AM; see directional signs on lower campus starting on Friendship Walk

- **Grand Opening: CHHS WELLNESS WEEK and PT @ The Beach**
  - Time: 12PM – 1PM, Location: Roger Greaves Learning Center in the LifeFit Center

- **The Lori and Donald Brault Successful Aging Lecture**
  - Time: 3PM – 4PM, Location: OLLI Classroom HSD 101. A panel of OLLI (Osher Lifelong Learning Institute) members and friends who typify the “Blue Zone” model will share their Secrets to Health, Wellness, and Longevity

Tuesday, April 8:

- **The Great Beach WALK-ON: Self Guided**
  - 1 & 2 Mile hiking routes available for the CSULB Community to experience Fun, Health & Wellness through Walking. Route available all day; see directional signs on lower campus starting on Friendship Walk

- **The Donald P. Lauda Wellness Lecture: Blue Zones- Secrets for Living Longer, Better**
  - Time: 5PM – 7PM, Location: The Pointe at Walter Pyramid, Distinguished Speaker: Amy Tomczyk

Wednesday, April 9:

- **The Great Beach WALK-ON: With Stations**
  - 1 & 2 Mile hiking routes available for the CSULB Community to experience Fun, Health & Wellness through Walking. Walk with CHHS’ Dean Millar at 12PM starting at Friendship Walk!

- **CHHS Health and Wellness Fair with Farmers’ Market**
  - Time: 11AM – 2PM, Location: Friendship Walk, Featuring: Activity Booths for Fun, Health & Wellness and a Farmers’ Market!

- **PT @ The Beach Workshop: “Surviving The Daily Grind: Posture & Ergonomics for Students, Staff, & Faculty”**
  - Time: 3PM – 4PM, Location: Roger Greaves Learning Center in the LifeFit Center

Thursday, April 10:

- **Recreation Therapy Road: Health & Wellness Through Purposeful Recreation**
  - Time: 11AM – 1PM, Location: Student Recreation & Wellness Center (SWRC)
    - Wheelchair Basketball Game Exhibition: 11PM – 12PM in the SWRC Courts
    - Rec Therapy Panel: 12PM-1PM in SWRC Group Exercise Room
    - Adaptive RT Programs Expo: 11AM – 1PM in SRWC Quad

- **Community Gardens – Planting for Joy, Health & Wellness: Panel & Demonstration**
  - Time: 1PM – 3PM, Location: Friendship Walk
    - Panel: Community Gardens - Planting for Joy, Health, & Wellness from 1PM – 2PM
    - Demo: “DIG IT – PLANT IT! Start Your Garden Today!” You will have an opportunity to get a hands-on planting experience from 2PM – 3PM

Friday, April 11: 50th Anniversary - CSULB Archery: [http://www.csulb.edu/chhs/archery](http://www.csulb.edu/chhs/archery)
- Faculty, Staff, & Students Archery Demonstration: 12PM – 1:30PM at the Archery Field

Saturday, April 12: 50th Anniversary - CSULB Archery: [http://www.csulb.edu/chhs/archery](http://www.csulb.edu/chhs/archery)

[http://www.csulb.edu/colleges/chhs/WellnessWeek2014.htm](http://www.csulb.edu/colleges/chhs/WellnessWeek2014.htm)