

Headline: Public Health Sciences Seniors invite Shockers to free activities for NPHW

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National Public Health Week (NPHW) is promoted each year during the first week in April. Each day of NPHW focuses on a specific public health topic with the aim to bring together communities and reduce the causes of poor health and disease.

Seniors in the Department of Public Health Sciences invite all Shockers to celebrate NPHW by participating in the following free events:

Monday, April 1 | Healthy Communities | Join us for free Zumba and yoga classes from 1:00 – 3:00 pm in the Heskett Center to learn more about nutrition, physical activity and overall wellness. Participate and have a chance to win a prize! Refreshments provided.

Tuesday, April 2 | Violence Prevention | Learn about the issue of campus sexual violence with an expert panel from 7:00 – 8:00 pm in AH 201. Refreshments provided.

Wednesday, April 3 | Rural Health | Students are collaborating with rural county health departments to share information and resources for rural suicide prevention in Kansas. Watch for positive behavioral health messages chalked across the WSU campus and through the College of Health Professions Facebook and Twitter accounts.

Thursday, April 4 | Technology and Public Health | Students are sharing and encouraging the use of public health wellness and preparedness apps through social media.

Friday, April 5 | Climate Change | Join us in the Rhatigan Student Center commons between 11:00 am - 1:00 pm to learn how to make "one small change" to impact the planet. Visit our display and have a chance to win a prize!

For more information, contact Amy Drassen Ham at amy.ham@wichita.edu