

## **AU Health Fair to be held Wednesday (March 27)**

3/22/02

Dozens of people from outside and inside Alfred University will join together Wednesday (March 27) to help students learn how to stay well and fit. This year's Hawaiian theme is "LU-AU."The University's health fair, scheduled from 11 a.m. to 2 p.m. in the Knight Club, Powell Campus Center, is, as always, an interactive event. At least six of the exhibitors will be students from student groups, including SPECTRUM, the gay and lesbian student group; the Biology Club, which will promote organ and tissue donation; and Peer Educators, who will demonstrate good nutrition via what they call "renovated recipes."AU faculty and staff will also staff some displays, including one on Lyme Disease and one on breast and testicular cancer awareness (Crandall Health Center), one on stress by Norm Pollard, director of the Counseling & Student Development Center, and one on "a healthful workplace" by Kathy Woughter, director of the Career Development Center. Some of these topics are traditional health-and-wellness areas, but others - such as spirituality, presented by Interfaith Adviser Laurie DeMott, are not.Outside organizations taking part will include an herbal medicine and nutrition practitioner, the Hornell YMCA (physical fitness), the Allegany County Council on Substance and Alcohol Abuse (short-term memory loss), Sue Fetzner of Countryside Wellness (natural clothing), and the New York State Police (use of seat belts.)The fair is free and open to anyone interested. For more information, call Crandall Health Center, (607) 871-2400, or email the Student Health Advisory Committee, [shac@alfred.edu](mailto:shac@alfred.edu) .