

## **Alfred University plans annual Health Fair**

3/17/05

Hot, Hip, and Healthy. That is what Alfred University promotes at its 7th annual AU Health Fair on Wednesday, March 23. Members of the regional community will provide information on dozens of health-related topics to the community, students, staff, and faculty, and this year's theme is "Spring Fever: What's your degree of wellness?" The AU Health Fair will be held in the Powell Campus Center Knight Club from 11 a.m. to 2 p.m. As in the past, it is an interactive event with AU student groups, AU faculty and staff, and community members presenting traditional and non-traditional health-related topics. Student groups include the Student Health Advisory Committee, who will present wellness assessment, the Physiology of Aging class, who will present the effects of aging on the senses, and the Biology Club (along with the Rochester Eye and Tissue Bank) who will promote organ and tissue donation. AU faculty and staff will also present topics, including iron-deficiency anemia, HIV, and bee stings (Crandall Health Center); healthy career choices (Career Development Center); stress management (Counseling & Student Development Center); and nutrition (Dining Services). Community members, both in Alfred and from surrounding areas, participating in the AU Health Fair include the Alfred Police Department (alcohol awareness); Allegany County Tobacco Awareness (smoking cessation); Cornell Cooperative Extension (healthy heart); Healing Spirits (aroma and herbal therapy); Don Powell (massage therapy), and Servisoft (bottled water). The AU Health Fair is free and open to anyone interested. For more information call Crandall Health Center, (607) 871-2400, or e-mail the Student Health Advisory Committee, [shac@alfred.edu](mailto:shac@alfred.edu).