

Wellness Festival 2016 Description

Acupuncturist (11:00-2:00): Theresa Costigan will provide a basic synopsis describing acupuncture and the Chinese medicine principles underlying it, including the various physical and emotional conditions it can help. She will also give a demonstration to interested participants on ear acupuncture and its effectiveness for helping reduce stress, cravings and other symptoms. A raffle on a complimentary acupuncture treatment will also be available here. www.peacefulhealing.com/

Massage Therapy: (sponsored by DSC Health & Wellness) Will have scheduled slots throughout the day, which will be available on a first-come, first-served basis. The sign-up sheets (for specific times) will be available at the massage therapy station in Room C198. A valid GC ID is required. Appointments available for staff and faculty will be limited, and will cost \$10. Student appointments are free. <http://opencuny.org/healthdsc>

Nutrition: A dietetic student from Hunter College will be answering any questions and providing any recommendations and handouts regarding general nutrition, vegetarian diets, vegan lifestyles, flexitarian diets, and the benefits of plant-based diets.

Blood Pressure Screening (10:00-4:00, with a lunch break): Staff from the Ryan-NENA Community Health Center will be providing blood pressure screenings for festival participants. In addition to blood pressure testing, staff will also provide health education information about low/high blood pressure and the Community Health Centers medical services. <http://ryancenter.org>

Vision Screenings (11:00-3:00): The University Eye Center will provide vision screening services including: visual acuity, glaucoma screening (non-contact tonometry), ophthalmoscopy, and pupil testing. They will have literature, and will be present to answer questions on eye health (e.g. cataracts, glaucoma), refractive conditions (e.g. myopia, astigmatism), binocularity, learning related vision problems, as well as new innovations in eyecare. www.sunyopt.edu

New York Road Runners (NYRR): Running takes your body, mind, and spirit to a better place. The simple act of putting one foot in front of the other and moving forward can make you healthier, happier, and more confident. At NYRR, it is our goal to give everyone on the planet both a reason to run and the means and opportunity to keep running and never stop. Our efforts and events serve all runners and active individuals, from beginners to professional athletes: the young, the elderly, and the underserved of all abilities. www.nyrr.org

HIV/AIDS Rapid Testing (10:00-4:00, with a lunch break): Ryan-NENA Community Health Center will be providing rapid HIV testing. In addition to HIV testing, Ryan-NENA will also be providing health education information about HIV, STI's and the Community Health Centers medical services. <http://ryancenter.org>

Health Insurance: Representatives from the Office of Student Affairs will be available to provide information about health insurance plans and services available to doctoral and master's students. Anyone having questions pertaining to eligibility, enrollment or benefits of either the NYSHIP program or other health insurance plans and resources should stop by.

Chiropractic Care: Dr. L. Gerard Ceccarelli, a board-certified Chiropractor, will perform spinal posture exams and office ergonomic evaluations. <http://drgerrynyc.com>

Dental Health Screenings (10:00-2:00): The NYU College of Dentistry will provide non-invasive dental screenings to students, faculty and staff of the GC attending the Wellness Festival. Our dental students and a licensed faculty dentist will provide the services.

Wellness Festival 2016 Description (continued)

Office of Citywide Health Insurance Access, HRA: Representatives from HRA will attend and provide fact sheets on the Affordable Care Act and the New York State of Health Marketplace and its impact on specific populations, such as uninsured young adults, immigrants and persons generally uninsured. In addition, fact sheets for understanding the premium tax credit options and the cost sharing reductions available through the New York State of Health. They will also be able to address questions regarding Medicaid and private health insurance about the process of applying through the New York State of Health.

Memorial Sloan Kettering Cancer Center: Nurses and fellows will be able to provide information on breast and testicular cancer. Information will also be available on MSK's community programs and services designed to educate patients, their families, caregivers, and community members about cancer-related topics.

Charles B. Wang Community Health Center: Staff from CBWHC will provide information regarding services offered at their center, as well as educational material on women's health and healthy living.

Asthma Screening (10:00-4:00, with a lunch break): Staff from the Ryan-NENA Community Health Center will be providing asthma screenings for festival participants. In addition to asthma screening, staff will also provide health education information about asthma and the Community Health Centers medical services. <http://ryancenter.org>

Physicians for a National Health Program: Volunteers from the PNHP-NY Metro chapter will provide information about universal, comprehensive single-payer national health program and advocacy activities they organize. <http://www.pnhpnymetro.org/>

Health Information Organizing App: Faculty and students from the GC Computer Science Program will be displaying the SIPPA Health app which allows users to store, organize and send their health/medical information to physicians or other health care providers. Take charge of your health information—its yours!

Student Counseling Services: We will be providing information about the services offered by the Student Counseling Services, and we will be providing information about signs of depression. <http://cuny.is/wellnesscenter>

Diabetes Prevention: A Community Health Educator from EmpireBlueCrossBlueShield will be providing information on diabetes prevention and management. www.empireblue.com

Chair Yoga: provided by Urban Yoga Foundation

- Chair Yoga class: 30 minutes at 2:00 pm in Room C197

Urban Yoga Foundation (UYF) is a non-profit organization that educates and empowers communities to be proactive about issues affecting their health. Chair yoga can be done by those with certain injuries or physical limitations, senior citizens, and those who work in an office setting and want an easy, quick way to get stress-free and centered while at their desk. <http://urbanyogafoundation.org>

Guided Meditation: provided by the Shinnyo Center for Meditation & Well-Being

- Session: 45minutes at 12:00pm in Room C197

Similar to Shinnyo Center's "Introduction to Meditation" class, the event includes an interactive component where participants can ask questions and discuss their experience in between short practices of various meditation tools and methods.