

## 2015 WHOI Fitness Challenge: Wellness Events

### Wellness Seminars

"Motivation Monday" IS BACK!!!

You will receive 5 Bonus Points for each Monday you attend.

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#### Related Files

» [Banana Ice Cream](#)

Topic: Kick-Off Motivational Session

When: Monday, April 13, 2014

Where: Redfield Auditorium 12noon

Presenter: Laura Hartung

The First COMPLETE teams to arrive will get a gift that can be used throughout the challenge. Laura is going to get us moving and shaking with stretches and charades to get us pumped for the challenge.

Presenter Bio:

Laura has been a registered dietitian for over 20 years and is passionate about spreading the good word of health to Boston and the Metro West world! For the past eight years, Laura has had the pleasure working on the campus of Babson College every Tuesday, helping students make healthier food and fitness choices. Off campus, she is out in the corporate world educating the masses by conducting interactive cooking & exercise demos, leading 10 and 12 week weight loss programs and making presentations and presenting on the wonders of preventative medicine through super food consumption!

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Topic: May is American Stroke Month

When: Monday, May 4, 2015

Where: Redfield Auditorium 12noon

Presenter: Representative from Cape Cod Healthcare

The American Heart Association/American Stroke Association's annual campaign to increase awareness of the disease and to educate Americans that Stroke is largely preventable, treatable and beatable. While stroke is the No. 4 cause of death and leading cause of disability in the U.S., many Americans do not think of stroke as a major health concern. We have made a lot of progress, but we still have a ways to go to end stroke and need your help!

A couple of representatives from Cape Cod Healthcare as well as Ann Stone will be taking blood pressure and educating the community.

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Topic: Motivation Monday

When: Monday, June 2, 2014

Where: Clark 507 12noon

Presenter: 241 Fitness

6 Weeks into the Challenge! Wendy will meet us in the Clark lobby for a walk\* around Ring Road!

\*In case of rain, meet in Clark 507 for some indoor activities to keep us moving.

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Contacts Julie Fawkes, ext. 3730 or Patty Mahoney, ext. 2602

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Mail: Woods Hole Oceanographic Institution, 266 Woods Hole Road, Woods Hole, MA 02543, USA.

E-Contact: [info@whoi.edu](mailto:info@whoi.edu); press relations: [media@whoi.edu](mailto:media@whoi.edu), tel. (508) 457-2000

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