

Join us for ELI's SUMMER WELLNESS SEMINAR SERIES!



CREATING ENERGY THROUGH PERSONAL & PROFESSIONAL WELLNESS

“Motivation is the enjoyment of an activity you choose, investing in your own well-being.”

Presenter: Ildiko Strehli, MA, Olympian, Master Trainer and Adjunct Faculty member at NOVA

Location: Lake Anna State Park, Spotsylvania, VA

All seminars will start with a presentation followed by outdoor physical activity (Nordic Walking and walking). **Click the seminar title to register.**

CREATING ENERGY THROUGH DYNAMIC LIFESTYLE MANAGEMENT

Sunday, June 19, 2011, 10:00am-12:00pm

The first seminar will focus on the basic principles of active lifestyle management, goal setting and personal wellness. The presentation will highlight the physiological relationship between stress and physical activity. Participants will be introduced to healthy behaviors that contribute to their personal everyday wellness.

CREATING ENERGY THROUGH FITNESS

Saturday, July 23, 2011, 10:00am -12:00pm

The second seminar will focus on health related components of fitness and their effect on personal wellness. The presentation will highlight easy techniques to prevent and manage stress. Participants will find answers for how much physical activity is essential for their personal well-being.

CREATING ENERGY THROUGH HEALTHY NUTRITION

Sunday, August 14, 2011, 10:00am-12:00pm

The third seminar will focus on the basic principles of a healthy diet and personal wellness. The presentation will highlight the physiological relationship between essential nutrients and weight management. Participants will be introduced to healthy eating habits that contribute to their personal everyday wellness.

The park entrance fee will be waived for participants. Transportation will be provided for up to 12 students on a first-come, first-serve basis for seminars two and three. For more details and to RSVP, contact Bridget Downey, Student Life Specialist, at bmdowney@nvcc.edu.

Student Life

Extended Learning Institute

8333 Little River Turnpike, Annandale, VA 22003-3796

phone: 703-323-3351

www.nvcc.edu/ELI