**FALL Semester At-A-Glance**

**AUG 30th – Panther Games**
Amphitheatre. Join Intramural Sports and the Wellness Center to compete in fun fitness activities with new friends!

**SEP 23rd – Heart Walk**
Downtown West Palm Beach. Panthers have heart! Meet your fellow Panthers at the Meyer Amphitheatre for American Heart Association’s annual 5K.

**OCT 18th – Wellness Extravaganza!**
Biotechnology Complex. Take advantage of the biggest Wellness event of the year: free testing, snacks, and wellness resources.

**NOV 9th – Freedom Fit Test**
Amphitheatre. Complete the Presidential Fitness Test or take a shot at the OBSTACLE RUN! Prizes awarded to top finishers.

**NOV 16th – Great American Smoke Out**
Campus-wide. Clear the smoke and learn the facts behind what you’re inhaling. The truth behind e-cigs, vaping, and more...

**DECEMBER – DIY December Every Tuesday**
Wellness Center 10am – 2pm. Learn holistic health practices and how to build your own wellness essentials with us during this take-home craft time!

See individual program flyers in the Wellness Center for more specific event details.

**STUDENT HOLIDAYS**
**COLLEGE CLOSED**
- Labor Day: September 2 - September 4
- Veteran’s Day: November 11
- Thanksgiving: November 23 – November 26
- Winter Break: December 20 - January 2

**FALL 2017 TERM**
- Full Term – 16 weeks: August 23 – December 18
- Express A – 8 weeks: August 23 – October 18
- Session 3 – 12 weeks: September 18 - December 18
- Express B – 8 weeks: October 19 – December 18

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The Wellness Center is located in the BioScience Technology Complex, SC 118

**Hours**
Monday – Thursday 7:00am – 7:00pm
Friday 7:00am – 5:00pm
CLOSED Saturday and Sunday

**Meet the Staff**

Jennifer Oosterman
Wellness Center Coordinator
561-207-5098
oostermj@palmbeachstate.edu

Stephanie Bogdan
Wellness Center Assistant
561-207-5083
bogdans@palmbeachstate.edu

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**BE SURE TO CHECK US OUT ON SOCIAL MEDIA FOR WHATS HAPPENING AT THE WELLNESS CENTER!**

Lake Worth Wellness Center
561-868-3365
Public Safety Training Center

Boca Raton Wellness Center
561-862-4570
Boca Tech BT 144

Belle Glade Wellness Center
561-993-1169
BioScience TEC 126

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<table>
<thead>
<tr>
<th><strong>FALL GROUP EXERCISE CLASSES</strong></th>
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<td><strong>Schedule effective August 28 – September 29, 2017</strong></td>
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| **Boot Camp – Mondays 5:45pm with Jen** | High intensity intervals of strength and cardiovascular exercise using primarily bodyweight. Short rest periods and challenging yet fun atmosphere will push you past your comfort zone! Approximately 45 minutes – Modifications available for beginners. |
| **Kickboxing – Mondays 12:30pm with Cameron** | Learn cardiovascular kickboxing techniques and skills from Legacy Mixed Martial Arts experts! Great workout with skill building self-defense techniques and full-body fat burning! 1 hour – All fitness levels welcome, no registration required. |
| **Zumba – Tuesdays 6:00pm with Betty 9/5, 9/12, 9/19, 9/26 only** | We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Approx. 1 hour – All fitness levels welcome. |
| **Qi Gong Tai Chi - Wednesdays 12:30pm with Charles** | Improve mood, stress levels, mind-body awareness & balance. Learn the foundations of Tai Chi including breath attunement and physical postures. Approx. 1 hour – All levels welcome. |
| **Yoga – Wednesdays 5:45pm with Jen** | Vinyasa-based Yoga which introduces breathing techniques, fundamental yoga poses and increases flexibility and bodyweight strength. Learn or perfect proper form and build strength, confidence and of course-flexibility! Approx. 1 hour – All fitness levels welcome. |
| **Barre – Thursdays 5:45pm with Steph** | Drawing from ballet, Pilates and yoga, this popular barre-based workout uses intervals of conditioning, isometric exercises and stretching to create a long, lean, and strong body. Approximately 45 minutes – All fitness levels welcome. |
| **Body Sculpt – Tuesdays & Thursdays 7:30am with Jen** | A combination of traditional body sculpting methods using free weights, resistance bands, Kettlebells, TRX strap, and/or your own body weight! Designed to provide you with a total body workout in just 30 minutes. All fitness levels welcome. |
| **Run – Mondays & Wednesdays 7:30am with Steph/Jen** | Join us for an outdoor jog around campus. During inclement weather, we will use the treadmills. Approximately 30 to 45 minutes – All fitness levels welcome. |

All staff, students and faculty eligible to participate in Group Fitness Classes upon completion of Wellness Center Registration and Orientation. Please refrain from entering class more than 5 minutes after start time, as this poses a safety risk and class disruption. Please check with front desk staff for up-to-date information and class changes.
Join the College-Wide PANTHER STRONG initiative to increase physical activity and overall health and wellness of our campuses!

The Panther Strong program, brought to you by the Wellness Centers, aims to help you become healthy, educated and involved in your campus wellness!

For more information go to: www.palmbeachstate.edu/panthersstrong or see Wellness Staff!

Panther Strong

- Use Wellness Center 2+ times per week for 1 mo.
- Complete Health or Fitness Assessment
- Blog: Read one of our many online resources
- Attend a Wellness event on your campus

See staff to claim your Panther Pride Prize!

September is International Prostate Cancer Awareness Month

- Other than skin cancer, prostate cancer is the most common cancer in American men.
- About 1 man in 7 will be diagnosed with prostate cancer during his lifetime.
- Prostate cancer develops mainly in older men. About 6 cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40.
- Many of the risk factors for prostate cancer, such as your age, race, and family history can't be controlled. But there are some things you can do that might lower your risk of prostate cancer.
- Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors aren't sure which of these factors is responsible for raising the risk.
- For more information, explore www.cancer.org, or call the National Cancer Information Center toll-free number 1-800-227-2345.

Dental Health Linked to Heart Health?

There’s no conclusive evidence that preventing gum disease — periodontitis — can prevent heart disease or that treating gum disease can lessen atherosclerosis, the buildup of artery-clogging plaque that can result in a heart attack or stroke, according to an American Heart Association statement. "The mouth can be a good warning signpost," said Ann Bolger, M.D., William Watt Kerr Professor of Clinical Medicine at the University of California, San Francisco. “People with periodontitis often have risk factors that not only put their mouth at risk, but their heart and blood vessels, too.” Periodontitis and heart disease share risk factors such as smoking, age and diabetes, and both contribute to inflammation in the body. Even though oral health isn't a key to heart disease prevention, it is still important to take care of your teeth and gums by brushing your teeth twice a day, flossing daily, replacing your toothbrush every three months (or sooner), and scheduling regular dental check-ups/cleanings. If you’re concerned about heart disease prevention, ask your doctor about proven ways to reduce your risk, such as stopping smoking and maintaining a healthy body weight.

Sources: http://www.mayoclinic.org/ and http://www.heart.org/HEARTORG/