

Student Life Experience Programming

How does this work?

- 1. Register for the "Student Life Experience Programming – Choices"** as part of the **Mind Body Spirit Fest**, by sending an email to studentaffairs@acg.edu (Subject Line: HWP; Body Text: Name, Deree Student ID, Cell Phone) or use the link on the Wellness@Deree facebook page. If you haven't signed up ahead of time, we welcome walk-ins. Seating available on a first-come-first-serve basis.
- 2. To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend:**
Oct. 9–(Session I)-I Choose My Life **and/or**
Oct. 11–(Session II)-I choose My Life-**and** at least one of any of the other presentations/workshops
- 3. What's in it for me? What will I learn?**
Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

"Choices" learning objectives:

1. Recognize the importance of making choices in life freely, without pressure from others and without fear.
2. Identify the sustainable choices at Deree: The Case for ACG to go Plastic Free.
3. Realize the importance of choosing the right career in order to be happy and satisfied.
4. Recognize the importance of having one's inner peace involved when making one's choice and decision.
5. Explore the different choices available on and off campus in terms of healthy eating, a variety of exercise programs, and stress relief.
6. Compare different food products and learn how to choose healthy, economical options.
7. Practice Tai Chi techniques and proper body posture.
8. Recognize how lifestyle choices such as sleeping and smoking affect the quality of one's life.
9. Participate in activities and become aware of the programs and services offered at ACG: ACG Health & Wellness Center, Better Days 4 Strays, Center of Excellence and Sustainability, Marketing Society, Office of Career Services and Self-Awareness & Meditation Club.

We look forward to seeing you there!

Special thanks:

- Better Days for Strays Club, ACG
- Center of Excellence and Sustainability, ACG
- College Events and Special Programs, Human Resources and Campus Services, ACG
- Deree Ambassadors
- Self-Awareness and Meditation Club, ACG
- Filozoiki of Aghia Paraskevi
- George D. Behrakis Research Lab, Hellenic Cancer Society
- Institute of Public Health, ACG
- Marketing and Communication Office, ACG
- Marketing Society, ACG
- Deree Media Center, ACG
- Office of Athletics, ACG
- Office of Career Services, ACG
- Office of Development and Alumni Relations, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Technical Services, ACG

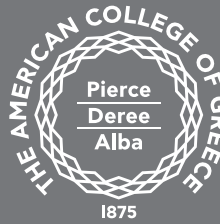
Supported by:

DēLonghi Group



KENWOOD
CREATE MORE

Mind Body Spirit Fest 2018



Choices

October 9–13

Organized by: ACG Health & Wellness Center

TUESDAY, OCT. 9

11:30-13:30

Front Lawn

Choosing to Heal Yourself and Your Pet

Discover Jin Shin Jyutsu: Therapeutic & healing massage/suitable for both humans and animals.

*Facilitator: Anna Sakellaropoulou, Filozoiki of Aghia Paraskevi, Acupressure Specialist
Better Days for Strays Club, ACG*

*Evangelina Litsa Mourelatos, Assistant Professor, English, Deree, Better Days for Strays Club Advisor
Alexandra Jeikner, PhD, Assistant Professor, English, Deree, Better Days for Strays Club Advisor
Filozoiki of Aghia Paraskevi*

13:50- 15:00

JSB Library, Upper Level

I Choose My Life (Session I)

Inspirational speakers share how making the right choices in life results in a healthier, harmonious life.

Sustainable Choices: The Case for ACG to Go Plastic Free

Michael Valahas, PhD, Director, Center of Excellence for Sustainability, Office of Public Affairs/Adjunct Professor, Biochemistry, Department of Science and Mathematics

Sleep Hygiene: My Choice for Good Health

Angeliki Konsta, Psychologist, MSc in Stress Management and Health Promotion

Workshop: I Choose to Decompress my Spine, Relieving Pain and Restoring Body Alignment and Posture

Panos Lambropoulos, Somatic- psychoeducator, Foundation Training Instructor, Practitioner of Qi Gong and Tai Chi.

Moderators: Christina Drakonakis, Associate Dean of Students, Office of Student Affairs, ACG H&W Center

WEDNESDAY, OCT. 10

14:00-16:00

Main Corridor

Choosing to Heal Yourself and Your Pet – See above

12:00-14:00

Main Corridor

Life is like Smoothies: You Get Out What You Choose to Put In

Sample tasty, healthy and creative smoothies!

ACG H&W Center

15:00-16:00

Student Lounge

Cuisines From Around the World. Make your choice!

Dishes without borders homemade for you to sample!
*Vassia Comis, Executive Director, College Events & Special Programs Human Resources and Campus Services, ACG
Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG H&W Center*

Greek & International, Study Abroad, Education Unites Students, ACG

THURSDAY, OCT. 11

11:00 -13:00

Main Corridor

Life is like Smoothies: You Get Out What You Choose to Put In

Sample tasty, healthy and creative smoothies!

ACG H&W Center

11:00-13:00

Student Lounge

I Choose to Take Care of Myself and Others**How Healthy Are Your Lungs? Lung Capacity Check**

*Anna Tzortzi, MD, FCCP, Pulmonologist, Associate Director Institute of Public Health, ACG, Scientific Director, George D. Behrakis Research LAB, Hellenic Cancer Society
Makis Mpakelas, Lab Assistant, Undergraduate, TEI, Athens Faculty of Technological Applications - Department of Biomedical Engineering
George Matiampa, Lab Assistant, Undergraduate, TEI, Athens Faculty of Technological Applications - Department of Biomedical Engineering"*

14:00-16:00

Student Lounge

One Stop Check Up

Check your vision and blood pressure. Bring your health booklets to see if you are up to date with your vaccinations. Take on-line self-tests for migraines, stress and holistic lifestyle choices.

Elina Grana, ACG Nurse, Maria Kamilioti, ACG Nurse, ACG H&W Center

13:45-15:00

JSB Library, Upper Level

I Choose My Life (Session II)

Inspirational speakers share how making the right choices in life results in a healthier, harmonious life.

A Refugee's Story

Hasan Oksuz, Education Unites Student, ACG, Citizen of the World

Wholeness

Anna Kypraiou, Aesthetician and (W)holistic Therapist

Workshop: I Choose to Flow When Under Pressure

Yiannis Lampranidis, Life Coach, Tai Chi Practitioner

Choose Your Success Story

Mark Aris, Co- Founder & Co- Owner, 4 Wise Monkeys Supported by: Deree Marketing Society

Vivi Sarantidou, PhD, Assistant Professor, Marketing, Deree, Marketing Society Advisor

Ioanna Mitropoulou, Associate Faculty, Marketing, Deree, Marketing Society Advisor

Moderator: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG H&W Center

FRIDAY, OCT. 12

15:00-16:00

Meeting point: Deree Main Gate

Supermarket Choices/Hands-on Shopping

Join us and learn how to identify healthy and economical choices at the local supermarket.

Christina Drakonakis, Associate Dean of Students, Office of Student Affairs, ACG H&W Center

Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG H&W Center

SATURDAY, OCT. 13

6:15-11:00

Meeting point: Acropolis Metro Station (red line) at 6:15. Meditation site: "Vrahakia"

I Choose to Connect with the Universe: Acropolis Sunrise Meditation

Awaken with the sunrise, relate to Mother Earth, experience nature, sounds, scents and flavors; enjoy an exotic cup of tea. Bring mat/cushion to sit on.

Facilitator: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG H&W Center

Supported by: Self-Awareness & Meditation Club, ACG

ALL WEEK

Displays

Deree Main Corridor

We Choose to See Beauty: Photo Contest

Sunsets at Deree captured on film.

ACG H&W Center

Famous Quotes, ACG H&W Center**The Choices We Make to Protect Our Planet and All Its Inhabitants**

Reduce Reuse Refuse Display & Reusable water bottle sale.

Center of Excellence and Sustainability, Office of Public Affairs

Career Choices

Career Choices: Live your strengths! Discover your strengths and make balanced choices.

Office of Career Services

Gratitude Is an Attitude!

Pick up your gratitude stone and choose to be grateful.

ACG H&W Center

"Know the Facts" Handouts, ACG H&W Center

The Choices We Make

Deree Chooses Mediterranean Diet

Know Your Numbers

Vaping, Smoking – Make an Informed Decision

Keep Going, Keep Growing

Adopt a plant and watch it grow.

ACG H&W Center

11:00-22:00

Deree Gym, Deree Pool

I Choose to Be Active: Be Fit

(For days and times check the Office of Athletics)

Aqua Aerobics

Ioanna Ioannou, Swim Coach

Strength Boost

Katerina Aggelidaki, Fitness Trainer

Power Pilates

Sophie Themelis, Wellness Coordinator,

Pilates Instructor, ACG H&W Center

TRX

Dimitris Liossis, Sports Marketing & Fitness, Sports & Exercise Science

Yoga, Abs & Legs, Zumba

Lucy Kostandinidou, Master Trainer, Yoga Instructor

Body Sculpt, Total Fitness, Pilates Mat, Total Step, Total Bars

Andromachi Katsafadou, Fitness Coach, Group Fitness Instructor

Body Art

Ainola Terzopoulou, Journalist, NLP Wellness Coach, Pilates, Yoga and BodyArt Instructor, Creator of livelifewell.gr