

1-1-2002

Wellness U

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Recommended Citation

Wilson, Shannon Wilkerson '93 and Pierce, Bill (2002) "Wellness U," *Furman Magazine*: Vol. 44 : Iss. 4 , Article 28.
Available at: <https://scholarexchange.furman.edu/furman-magazine/vol44/iss4/28>

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Furman alumni news



Get healthy at Alumni College 2002

Do New Year's resolutions leave you grimacing at the bathroom scales? Checking food packages for fat and carb content? Scrambling to exercise at least four times a week?

If so, then perhaps you need to relax, rejuvenate and refocus. And the best way to do so is at Alumni College 2002: Wellness U, scheduled June 20-23 at Furman. Whether you are totally sedentary or extremely active, you are invited back to alma mater for a program that will enhance your quality of life.

Optimal health is more than the mere absence of disease, and balancing the components of wellness — mental, social, emotional, spiritual and physical health — is a perpetual challenge. Through Alumni College 2002, you will learn to take charge of your health and to make good lifestyle choices.

The Alumni College faculty, which will feature Furman professors, exercise physiologists, health educators and physicians, will explore wellness issues with you in an open, inviting manner. They'll be available in both formal and informal settings to talk with you about wellness-related issues, and in the process they'll show you how to balance the components of wellness as you pursue your wellness goal.

During the weekend, you'll engage in daily physical activity and practice stress-reduction techniques. An integral part of your experience will be crafting a personal fitness and wellness plan that addresses each of the basic components of total wellness.

Seminars will feature such topics as "How To Cultivate a Healthy Heart;" "How Spirituality Contributes to Good Health;" "What You Should Know About the Relationship of Exercise and Disease;" "What Every Man/Woman Should Know About Male/Female Health Issues;" and "How to Determine and Maintain a Healthy Weight."

Fitness assessments (body composition and aerobic capacity) will be available for all participants. Other activities will include massage, meditation, yoga, stretching, walking, cardio machines (bikes, steppers, etc.), running, weight training and swimming. And delicious meals will demonstrate that "eating healthy" does not translate into a tasteless and bland diet.

If you sign up before April 12, the cost is \$395 per person; afterward, the cost is \$475. Charges cover housing, meals, classes, materials, use of campus facilities, and special events. The charge for commuters is \$375.

For more information on Alumni College 2002: Wellness U, visit www.furman.edu/admin/alumni and click on the Alumni College link.

Last year's inaugural Alumni College was a rousing success. With your help and participation, Alumni College 2002 will be even better!

This article was co-authored by Shannon Wilkerson Wilson '93, Alumni Association director, and Bill Pierce, chair of health and exercise science, co-directors of Alumni College 2002.

ALUMNI ACTIVITIES

Homecoming 2002 set October 18-20

The Alumni Association is looking for dedicated, energetic people to lead or serve on reunion planning committees for Homecoming 2002, October 18-20. If you graduated in a year that ends with "2" or "7," you will be celebrating your class reunion this year.

If you are interested in helping to plan your class reunion while reconnecting with former classmates, please call Jason Curtin, associate director of the Alumni Association, at (864) 294-3464, or e-mail him at jason.curtin@furman.edu.

And make your plans now to enjoy the fun and excitement of Homecoming, complete with the annual bonfire and pep rally, a football game with The Citadel, the downtown block party, and much more!

New alumni directory in the works

Make sure you are included in the 2002 Furman University Alumni Directory. Harris Publishing is contacting all alumni by mail, e-mail or phone to update personal and professional information for this valuable publication.

If you have not submitted your information, please call the Furman alumni directory office at 1-800-414-3004 to be included. At this same number, you can reserve your copy. Paper and CD versions will be available.

The directories will be published in August.

Furman Club update

The year 2001 was filled with many memorable Furman Club events.

One of the most exciting came December 21, when 10 Furman Clubs across the country organized television tailgate parties to watch the Paladins take on Montana in the NCAA Division I-AA championship game. Aside from the outcome of the game, all reports are that everyone had a great time.

Other exciting 2001 events included dinners with President David Shi, Boston Pops concerts with Keith Lockhart '81, Furman Singers receptions, happy hour gatherings, summer send-offs for incoming freshmen and much more. Already this winter, Furman Clubs in the Southeast have enjoyed activities centering around Furman basketball games, the annual Atlanta Furman Gala, and events in association with visits by the Furman Singers on their annual tour. We plan many more such activities for 2002.

If you are interested in getting involved with the Furman Club in your area, please call Melanie Krone '94, associate director of the Alumni Association, at (864) 294-3464, or e-mail her at melanie.krone@furman.edu.

Please visit the Alumni Association Web site at www.furman.edu/admin/alumni for information on the Furman Club in your area and for an up-to-date list of upcoming club events.