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Subject: Students Promote Health Awareness
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Included below is a press release regarding Awareness Week at Ferris State University, hosted by the Professional Recreation Association. Further information is available by contacting Leah Nixon, assistant director of News Services.

For Immediate Release
March 17, 2008

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Students promote health and well-being through ‘Awareness Week’

BIG RAPIDS – The Ferris State University Professional Recreation Association is hosting its second annual Awareness Week March 21 through 25.

The association is using Awareness Week activities to focus on specific components of health, with donations being accepted to benefit the American Cancer Society. The following list highlights the week’s events:

- March 21 from 5 to 10 p.m. – “Rhythm of Nature” in the Rankin Student Center Dome Room, including
 - **Percussion Instrument Building:** Participants will use recycled goods to make shakers and other items.
 - **Rhythm Adventure:** A facilitated drum circle of environmental education where participants also can enjoy poi spinning, the art of rhythmic exercise and expression.
 - **Recycle Drop-off:** Throughout the night, anyone can drop off recyclable goods to the Ferris State University Physical Plant.
 - **Expo:** Learn how you can become more involved in health and wellness by visiting with the Ferris Recyclers, Professional Recreation Association, Outdoor Club, Adventure Race and Green Girl Resources, among others.

- March 22 – Stewardship on the Ferris State University Campus Quad. The events will be moved to the University Recreation Center in the event of inclement weather. Events include:
 - **Guided Nature Walks:** Explore the world around you and discover the beauty of nature you may walk by every day.
 - **Nature Scavenger Hunt:** Keep your eyes and ears tuned in during the nature walks for chances to win great prizes.
 - **Islands:** See the world we live in from an animal’s perspective.
 - **Clean-up Contest:** Prizes are awarded to the team that collects the most trash.

- March 23 from 5 to 9 p.m. will be a collection of health and wellness activities in the University Recreation Center. Events include
 - **Self Defense Class:** Students will learn ways to avoid and remove themselves from bad situations.
 - **Climbing Wall:** Students will learn how to not only physically climb, but also how to

surpass common health barriers.

- **Tie Dye Diversity:** Students are encouraged to bring in a white shirt to dye, or donate to receive a shirt.
 - **Dietitian Health Screening:** Students can see how fit they really are by having a health screening with a dietitian and learn how to improve in physical wellness.
 - **Bike Safety and Advocacy:** In spirit of the upcoming spring season, there will be a bike safety session to demonstrate how to inspect and tune up your bike, along with a biking relay with prizes.
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- On March 24 in the University Recreation Center, the Music Industry Management Association is hosting a “Health Competition.” Students can participate in Guitar Hero and Dance Dance Revolution.
 - March 25 from 8 to 10 p.m. – Earthwork Music Collective Concert in G. Mennen Williams Auditorium. The Earthwork Music Collective believes in the intrinsic and historical power of music to raise both community and self-awareness, and serves to facilitate and encourage original music in the state of Michigan and beyond. This event will also include the Arbor Day tree giveaway.

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