

A Month to Celebrate You Community Calendar

Updated 10/1/09

10/3/09, 10am Registration: Community Dog Jog

Sponsored by the Watauga Humane Society
Location: Watauga Park and Recreation Complex
\$20 registration fee, \$15 student registration fee

10/7/09, 5:30-6:30pm: The Body Project

Sponsored by the ASU Counseling Center
Location: Table Rock Room of The ASU Student Union
Safer than botox, less invasive than a tummy tuck, and faster than any diet...feel beautiful in one hour and join us for interactive empowerment.
Free!

10/8/09, 12:00-1:00pm: Hula Hooping for Self Care

Sponsored by Geri Miller, ASU Department of HPC
Location: Paul H. Broyhill Wellness Center
Get energized and have a blast doing something to take care of yourself!
Free!

10/10/09, 8am: The Knob 5k

Sponsored by the High Country Soccer Association
Location: Boone Public Library
Test your fitness by running through beautiful downtown Boone and then straight up Howard's Knob!
\$15 registration in advance, \$25 day of registration

10/10/09, 7:30-11:00pm: Community Contra Dance

Location: Apple Barn, Valle Crucis
Call 828-963-4453 for more info!

10/11/09, 2:00pm: ASU Women's Volleyball

Sponsored by ASU Athletics
Location: Holmes Convocation Center
Mention "October: A Month to Celebrate You" and you get in for FREEEE!
Free!

10/11/09, 2-4:00pm: Celebrating Our Bodies, Our Minds, and Our Spirits

Sponsored by Girls on the Run of the High Country and the ASU Institute for Health and Human Services
Location: Paul H. Broyhill Wellness Center
A sample GOTR session for an adult/child to attend together! Get a flavor of the GOTR energy and philosophy of creating well-balanced and healthy individuals. Please register by calling 828-262-7557.
Free!

10/19/09: Art Installation

Sponsored by the Watauga High School Art Club

Location: ASU's Sanford Mall

Watauga High students have constructed an outdoor art piece that addresses the media's exploitation of body image. Come see!

Free!

10/20/09, 5-6:00pm: Don't be a Sloppy Joe

Sponsored by the ASU Counseling Center

Location: McRae Peak Room of the Plemmons Student Union

Free Sloppy Joes and wellness information for men...about men.

Free!

10/21/09, 7-8:30pm: Yoga for Community, Students and Faculty

Sponsored by ASU Recreation

Location: Blue Ridge Ballroom of the Plemmons Student Union

Free!

10/21/09, 7:00pm: Body Wise– Promoting Health, Wellness and Self Esteem for Parents of Teens/Tweens

Sponsored by ASU: Counseling for Faculty and Staff, Institute for Health and Human Services, Student Counseling and Psychological Services

Location: TBD

A discussion for those of you concerned about how society/family/peers/others have influenced your children and whether or not they could be struggling with self esteem or body image issues. Join us for an informative panel discussion with counselors, clinicians and parents and learn skills to encourage healthy lifestyles and positive outlooks.

Free!

10/23/09, 6:30pm: Contra Dance

Sponsored by Appalchian Heritage

Location: Legends

Break out that hoop skirt and dancing shoes...it's time to dance! Beth Molaro is calling the moves as the Black Lick Plow Pushers play the tunes. Show up early and you can get your learn on with a Flatfooting workshop. Travis Anderegg leads the workshop that is set to start at 6:30pm. Remember to bring your shoes, a smile and your ID!

Admission is \$3/students and \$5/guests. Beginner dance at 7:30pm and the real deal begins at 8pm

10/24/09, 11:00am: Fall Hiking

Location: Meet at Earth Fare parking lot

We'll hike up Elk Knob to the summit. Email alisonharwood@gmail.com for more information.

Free!

10/25/09, 2:00pm: Yoga for Cancer Survivors

Sponsored by Pink on the Move and the Cancer Resource Alliance

Location: Paul H. Broyhill Wellness Center

Registration required. Call 828-265-9553

Free!

10/27/09, 3-4:00pm: A Matter of Balance

Sponsored by BeActive Appalachian Partnership

Location: Paul H. Broyhill Wellness Center

A program geared towards baby-boomers and older to improve balance and coordination. Come participate in the fun and interactive event that you will be able to repeat every day on your own! Free!

10/29/09: Community Bonfire- Onward and Upward to Let Go

Sponsored by the ASU Women's Center

Location: Duck Pond Field, ASU

A fun and interactive event to literally torch statements about things that have held you back. Free!

10/29/09, 8:30pm: Discussion with Visiting Author Michelle Graham

Sponsored by InterVarsity Christian Fellowship

Location: Linville Falls room of the Student Union

In her book, Michelle focuses on body image issues, loving the image you see in the mirror, and she shares of her personal journey toward a more positive body image. Come join us for this dynamic and genuine speaker.

Free!

10/31/09, 6:30-8:30pm: Raw Food Halloween Potluck

Location: 817 George Wilson Road

For more information call: 828-964-5088

Recurring Events

10/1/09 and all Thursdays, 7:00pm: Overcomers Group

Location: Rm. 200, First Baptist Church, Boone

A faith-based, inter-denominational support group to learn, change and grow together from life debilitating, diminishing and controlling issues.

10/2/09 and all Fridays, 7-11:00pm: Competitive Community Volleyball

Location: Old Cove Creek School

Fee: \$1.00

10/2/09 and all Fridays, 7-9:00pm: Celebrate Recovery Support Group

Location: Alliance Church

A faith-based, safe place to find support, help, and encouragement for your hurt, hang-up, or addictive habit from those who have walked the same road. Confidentiality assured. For more information, e-mail us at info@CelebrateRecoveryBoone.com or call 1-888-493-0910

10/6/09 and all Tuesdays, 6-8:00pm: Raw Food Class

Location: 817 George Wilson Road

\$25 per person including meal. For more information call: 828-964-5088