

# Fau Medicine Wellness Hub



## ACTIVITY DESCRIPTIONS

*(in alphabetical order)*

### **Boost Your Mood**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: During this session, a number of techniques to cope with blues and elevate your mood will be discussed.

LECTURER: Peter Holland, MD

Dr. Holland is a board certified adult and Geriatric psychiatrist who is on the faculty of Schmidt College of Medicine at FAU where he teaches medical students.

### **Breathwork Class**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Breathwork is a way to upgrade your consciousness by being connected through the breath. When we are connected to our breath we create harmony between mind and body. Take time to slow down, focus on breath and enjoy the benefits of a mindfulness practice

CONSULTANT: Kara Biancardi

Kara's journey began at Prem Yoga center, where she took on personal work to continue strengthening her spirit, and received her 200 hour RYT yoga certification. She also holds certifications in Reiki, Matrix Energetics & Breath Work from Energy of Breath School. She is currently continuing her education to renew her RYT yoga certification.

## **Creative Art for the Wellness of Mind, Body & Soul**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: This engaging creative art class will be an introduction to modern art and its impact on one's well-being. Participants' will open their creativity with color and music. No previous art experience is necessary.

CONSULTANT: Patricia Saidon

Patricia is an award winning artist born in Argentina. Her artwork has been exhibited globally and she has been teaching art in Florida since 2001.

## **Diabetes-Don't Sugarcoat It/Medical Lecture**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Diabetes is a metabolic disorder characterized by prolonged elevated blood sugar with the potential to cause multiple complications resulting in decreased function. Learn what diabetes is and what lifestyle modifications you can incorporate in your daily routine to help manage diabetes.

LECTURER: Parvathi Perumareddi, DO

Dr. Perumareddi is a board-certified primary care physician with over 20 years of clinical experience, a faculty member at the Schmidt College of Medicine, where she teaches first through third year medical students. She is also the FAU Wellness Hub Medical Consultant.

## **Fitness Friday**

LOCATION: Beyond Fitness Delray

Attend any one of our SEPTEMBER Wellness Hub activities and receive a FREE CLASS PASS to attend any event at Beyond Fitness Delray on September 27!

Visit <https://www.beyondfitnessdelray.com/classes> to view class schedule!

Call 561.441.4444 to book your FREE class!

## **Full Body Workout**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Join us for an introduction to an all levels full body workout class. Learn about training for power, strength and endurance and how you can work out on the go, without the need for extensive gym equipment.

CONSULTANT: Chris Clow

Chris is the Marketing Director for OrangeTheory Fitness holds a Bachelor's of Science in Exercise Science from FAU and specific OTF training certifications. We are excited to welcome an alumni FAU Owl to the FAU Medicine Wellness Hub!

## **Gentle Yoga**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Yoga is a mind-body and exercise practice that combines breath control, meditation, and movements to stretch and strengthen muscles. What sets yoga apart from most other exercise programs is that it places as great an emphasis on mental fitness as on physical fitness. Yoga mats, blocks and bolsters are available for use or you are welcome to bring your own!

CONSULTANT: Brett Copoll, RYT-200

Brett says, "After taking my first yoga class years ago, I developed a love and respect for the ancient practice, and continue to be fascinated by its rich history and physical intensity. I believe that yoga is much more than a workout. By breathing with focus and moving with intention, students tap into physical and mental strength; using the postures as tools to shape who we are both on and off our mats."

## **Healthy Happy Hour**

LOCATION: Raw Juce Glades Rd Boca Raton

DESCRIPTION: Come enjoy a FUN & HEALTHY afternoon of delicious food and beverage at Raw Juce, meet the FAU Medicine Wellness Hub team, reserve your spot on our class calendar, win some cool swag and relax as you learn about our FAU Wellness Hub program!

## **Healthy Tailgate Party**

LOCATION: FAU College of Medicine Lawn

DESCRIPTION: Come enjoy a FUN & HEALTHY afternoon of tailgating with the FAU Medicine Wellness Hub as we cheer on our FAU Owls! Nutritious tailgate menu items for

sample from Harvest Seasonal Grill & Raw Juice! Meet local Wellness Hub community collaborators such as Yoga Joint Studios, OrangeTheory Fitness and more with great giveaways and ideas to reinvent your tailgate to a FUN & HEALTHY pre-game celebration!

## **Intro to Yoga**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Come enjoy an introductory level yoga class where you will learn about the core components of yoga and be lead through a gentle yoga series. Yoga mats, blocks and bolsters are available for use or you are welcome to bring your own!

CONSULTANT: Lindsay Roth

Lindsay, 200 RYT, enjoys teaching yoga to students as a modality to achieve a healthy mind, body and spirit and as a Registered Nurse, Lindsay understands the body and how it works and uses this knowledge to guide others in a holistic manner through the use of breathing and proper alignment.

## **Mindfulness: Pause to Practice**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: A mindfulness workshop style class about creating daily ritual in our lives. Designing a ritual of much needed PAUSE. If your first defense sounds like, *I don't have time, or I have no idea what to do*, then this class is for you. You will learn daily practices that will help you feel and stay grounded and connected. You will leave with resources and inspiration.

CONSULTANT: Heather Berg, E-RYT

Heather is a former Montessori teacher who has been a yoga practitioner since 1990 where, as a college student, she took her first "Intro to Sun Salutations" at NYU. Heather's passion is to share her enthusiasm of yoga and to create a positive experience for her students. Her mission is an approach to meet the needs of individuals as well as to teach at a deeper level beyond the postures

## **Spice Up Your Health/Medical Lecture**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION:

Description: Many pre-prepared foods are loaded with ingredients such as salt and preservatives that can affect health adversely. Learn how to incorporate various spices into your cooking, some exotic and that may have health benefits and lessen the need for

additives such as sugar and sodium which in turn can reduce the impact on blood pressure.

LECTURER: Parvathi Perumareddi, DO

Dr. Perumareddi is a board-certified primary care physician with over 20 years of clinical experience, a faculty member at the Schmidt College of Medicine, where she teaches first through third year medical students. She is also the FAU Wellness Hub Medical Consultant.

## **Role of Therapeutic Animals in Wellness**

LOCATION:

Kindness Matters Headquarters  
20283 State Road 7 Suite 106  
Boca Raton, FL 33498

DESCRIPTION: This interactive workshop includes education about the art of kindness and the concept that serving others through gratitude and volunteer work can enhance our well-being and provide a host of wellness benefits. Our guest speaker is Sandra Seiden from Personal Ponies, a local non-profit dedicated to providing pony visits to hospitals, schools with exceptional education programs, nursing homes, veteran hospitals, and learning centers. After the discussion portion of this event, participants will be making "happy cards" for pediatric patients that will be delivered at a Personal Ponies pediatric therapy visit.

CONSULTANT: Sandra Seiden

When Sandra Seiden saw what being around miniature ponies did for her special needs son, she knew she had to share the ponies with other children who faced the same challenges. Sandra was asked by founder Marianne Alexander to be the Florida Director about three months after her son received his ponies from the program. Seeing these changes inspired Sandra to share with others.

## **Stretch & Flex**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Enjoy a guided stretch and toning session with our very own Wellness Consultant, Sara Green, a certified group fitness instructor. Learn to listen to your body, increase flexibility and mobility utilizing both static and dynamic stretching. Participants will also learn about body weight toning, an excellent form of exercise that doesn't require the use of any equipment!

CONSULTANT: Sara Green, Wellness Consultant for FAU Medicine Wellness Hub

Sara teaches group fitness classes all over the community at a host of gyms, fitness studios and residential fitness club settings. She holds multiple certifications including ACE Certified Group Fitness Instructor, MDA Certified Spinning Instructor, ACE Youth Fitness Specialist, Yoga Shred Trained and AHA Lifesaver First Aid, CPR and AED.

## **Stretch & Mobility**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: This interactive class will provide participants with useful information on the benefits of stretching and how it impacts flexibility and range of motion.

CONSULTANT: Kristy Bolha, BS, DPT

Kristy has worked in inpatient, subacute, and outpatient/orthopedic settings. Kristy's professional experiences have given her a thorough understanding of the various natural healing stages of the human body and the positive impact of rehabilitative/restorative medicine. She is particularly well-versed in the recovery of orthopedic injuries and surgical interventions, especially joint replacements and connective tissue/ligament repairs.

## **Yin Yoga**

LOCATION: FAU Medicine Wellness Hub

DESCRIPTION: Join us for an introduction to Yin Yoga. Yin is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

CONSULTANT: Colleen Greenlagh

Colleen has been working with Special Population for 14 years and has been practicing holistic health for 21 years. Colleen graduated FAU with a degree in Exercise Science and Health Promotion. Colleen's certifications include NASM-CES, SFE, PES, NSCA\_CSCS, Rock Steady Boxing, Pilates Institute of America, Arthritis Foundation, Yoga Alliance 500 hours, POUND Fitness, Sara Meeks Osteoporosis, MS Fitness & Wellness Specialist, Active Isolated Stretching, Breathwork & Reiki.