



## HEALTHY CAMPUS WEEK SCHEDULE (FULL DETAILS)

---

*Monday, September 23, 2019*

---

### **Healthy Campus Week Kick Off Rally**

12:30 – 1:30 pm EST

NCPC Atrium

- < Remarks and wellness insights from MSM Executive Leadership and Dr. Angelica Geter Fugerson, Chief Health Officer for the City of Atlanta
- < Intro to Healthier Campus Initiative @ Morehouse School of Medicine
- < HCW passports and swag items
- < Music, Games, and Entertainment
- < Raffle drawings for first HCW Big Prize
- <

---

*Wednesday, September 25, 2019*

---

**R&R (Release & Regroup) Stations:**

All-Day

Various Locations at MSM Main Campus, Buggy Works, and 1800 Howell Mill Rd.

- ◁ We encourage all in the MSM community to take a quick break from their classes, work, and other responsibilities to engage in a little self-adult coloring books, painting, mindfulness exercises, fun sized Zen Gardens, and other resources designed to help you release and recenter! Hang out at the R&R station, or take you goodies with

*Notes from PHA: One lucky campus with the largest attendance (measured by the percentage of the student body) will win the grand prize from Columbia Sportswear for your campus. Also, the next four (4) campuses that have the next largest numbers of students to attend a physical activity event on campus will win bragging rights and two(2) \$100 Target Gift Cards (One gift card for the university and one gift card for a lucky student participant).*

---

*Friday, September 27, 2018*

---

### **Fruit&Veggie (FNV) Friday Social Media Challenge**

All Day

Tag Social Media (IG, Twitter): @teamFNV, @MSMedu, @GetFitMSM

Use Hashtags: #HealthyCampus, #FNVFriday

- ◁ Use social media to post photos of you and your fellow MSM family enjoying your favorite fruits & veggies in MSM school colors! Use the hashtags #HealthyCampus and tag the handles @teamFNV, @GetFitMSM, and @MSMedu when you post to social media.
- ◁ Take selfies next to our FNV Promotional Posters across campus!

*Notes from PHA:HA:*

Website: <https://www.atlantastreetsalive.com/southwest>

- < On Sunday, September 29, 2019, from 2:30 pm - 6:30 pm, the Atlanta Bicycle Coalition activates Atlanta Streets Alive - Southwest, connecting 7 neighborhoods spanning from Cascade Avenue to Ralph David Abernathy Boulevard, and Georgia Avenue. We'll close the streets to cars and open them for people to walk, roll, bike, and play!
- < Wear your MSM gear and attend Atlanta Streets Alive! This vibrant neighborhood street fair and parade is a fun way to explore the Westside Community!
- < Take a selfie (or groupie) and post your pics/video on social media using the hashtag #HealthyCampus!
- < If we can find your post, you get a punch on your HCW passport!

---

*Monday, September 30, 2019*

---

#### **Return HCW Passports**

8:30 - 11:30 am EST

- < Return your passports and verify your social media posts with the Healthy Campus Week Action Team (2<sup>nd</sup> Floor, NCPC Building)
- < HCW Action team will verify passports and generate the tickets for the raffle drawings.

#### **HCW Grand Champions Raffle and Awards**

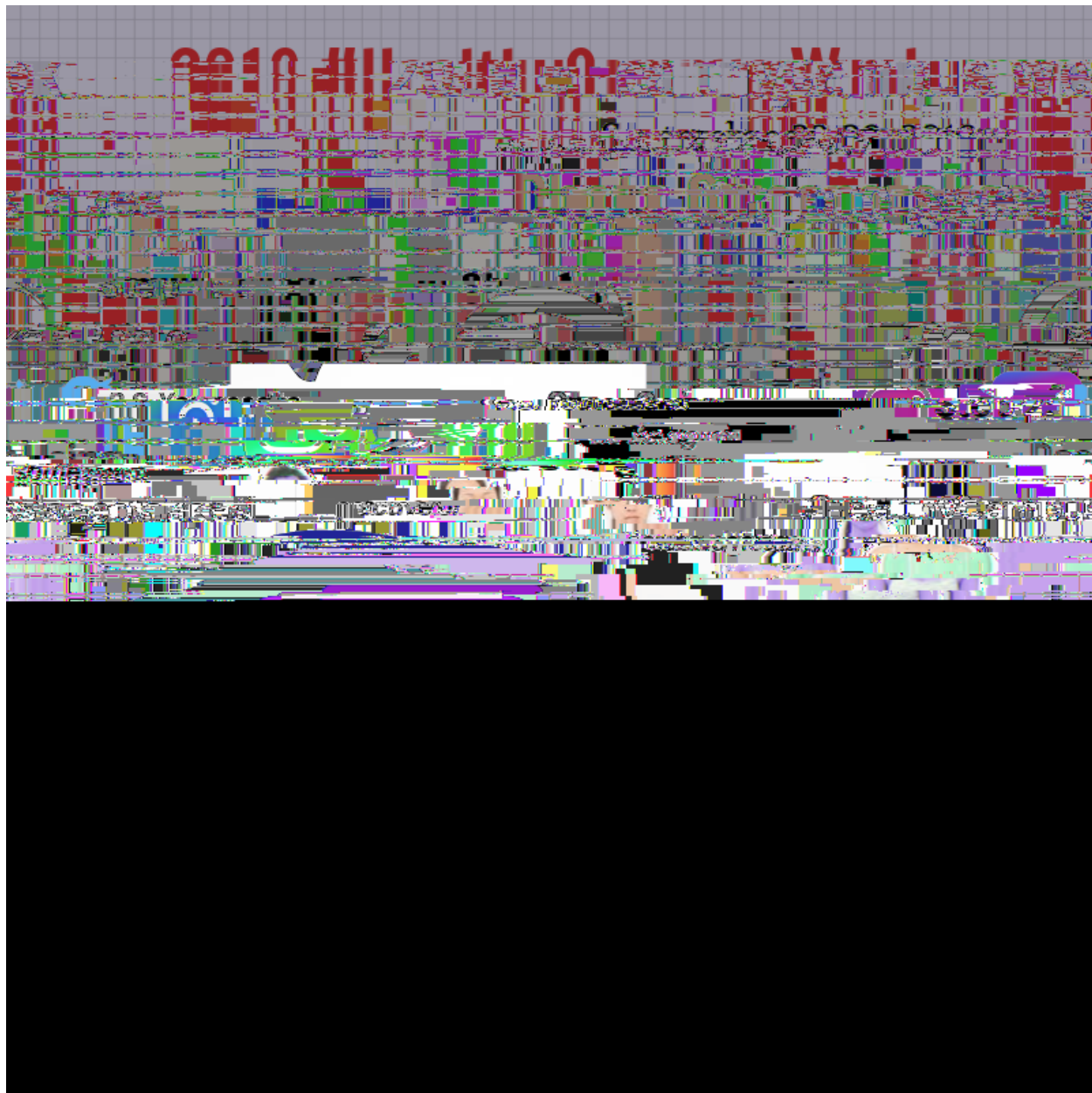
12:30 pm EST

NCPC Atrium

- < Raffle drawing for HCW Grand Champion Prize(s)
- < Photo Op for all HCW Grand Champion Winner

*Participants who complete 5 or more activities on their HCW passport will be entered into the raffle for the HCW Grand Champion Prize!*

2019 HEALTHY CAMPUS WEEK PHOTO SWEEPSTAKES



2019 COLUMBIA SPORTSWEAR SWEEPSTAKES!

2019 #HealthierCampusWeek  
(Sept. 23-29)

Giveaway:

Follow @Healthier\_Campus

#HealthierCampusSweepstakes

Columbia  
HEALTHIER AMERICA

**FRUIT & VEGGIE FRIDAY (FNV) PHOTO SWEEPSTAKES**

