



3rd Annual Healthy Penguin Walkabout

NEW! *A Focus on Wellness*

Saturday, June 2, 2018

Walkabout 10:00 a.m. to 1:00 p.m.

(Registration 9:30 a.m. to 11:00 a.m.)

Gaiser Student Center – Clark College

Clark College students, faculty, staff, and all members of our community are invited to this **FREE** event. Complete your passport—take part in health assessments, stroll the beautiful campus, enter raffle drawings, collect souvenirs, and enjoy coffee, tea, and light refreshments. Fun learning activities for the entire family!

Hosted by the Clark College Business and Health Sciences Unit, the event is part of the college's focus on interprofessional learning for students in our Athletics, Business, Dental Hygiene, Child & Family Studies/Early Childhood Education, Emergency Medical Technician (EMT), Fitness Trainer, Health and Physical Education, Medical Assistant, Medical Billing & Coding, Nursing, Pharmacy Technician, and Phlebotomy programs.

**Registration is at Gaiser Student Center—
the day of the event.**

For questions or more information, contact Brenda Walstead at 360-992-2938 or bwalstead@clark.edu.

We look forward to seeing you!

PLEASE DONATE TO THE PENGUIN PANTRY!

Earn extra raffle tickets (4 items = 1 extra ticket)

Turn over for list of items needed.

Clark College expressly prohibits discrimination on the basis of race, color, national origin, age, perceived or actual physical or mental disability, pregnancy, genetic information, sex, sexual orientation, gender identity, marital status, creed, religion, honorably discharged veteran or military status, or use of a trained guide dog or service animal in its programs and activities. Learn more at www.clark.edu/nds.

For accommodations or an alternate format of this document, please contact Disability Support Services at 360-992-2314, or 360-991-0901 (video phone), or visit Penguin Union Building Room 013.

Free Health Assessments

- Blood Glucose Levels
- Blood Pressure and Pulse Checks
- Body Mass Index (BMI) and Body Fat Percent
- Children and Families Connecting with Nature
- Diabetes Risk Level
- Grip Strength & Balance Testing
- Healthy Financial Strategies
- Medication Safety
- Ninja Warrior Obstacle Course
- Oral Health & Wellness
- Sports Skills Challenge
- Stress Reduction Strategies
- Talk to students and faculty in Clark's health care and business programs

Each walkabout station will have a children's activity, health assessment, and learning opportunity.

Collect souvenirs at each station!

Enjoy healthy refreshments!

Complete your passport for a chance to win great prizes at the end of the Penguin Walkabout.

PENGUIN PANTRY ITEMS NEEDED:

Grocery/Grab-N-Go Snacks:

- Boxed meals
- Canned foods
- Breads/crackers/chips/tortillas
- Dairy products
- Dried fruits/nuts
- Dried beans/pastas/potatoes/rices
- Ethnic foods
- Fresh breads/produce
- Frozen foods
- Gluten-free food items
- Granola bars
- Juices/drink mixes
- Microwaveable meals
- Non-dairy milks (almond/coconut/rice/soy)
- Pre-packaged bulk items
- Protein-rich snacks
- Single-serving beverages
- Sugar-free food items
- Vegan/vegetarian-friendly food items

Pantry Supplies:

- Boxed tissue
- Disinfecting wipes
- Disposable, microwavable bowls
- Forks/spoons
- Paper towels
- To-go coffee cups w/lids
- Snack-size bags

Toiletries:

- Bath wash/Soap
- Deodorants/Anti-perspirants
- Disposable razors
- Full-size Bath wash/soap
- Full-size Shampoo/Conditioner
- Menstrual products
- Socks
- Toothpaste/Mouthwash

School Supplies:

- Binders
- Graphing calculators
- Highlighters
- Loose-leaf filler paper
- Notebooks
- Pencils/pens

As a reminder, the Penguin Pantry only accepts unused and unopened items.

If you prefer to make a cash donation, please visit the Clark College Foundation page at <https://www.clarkcollegefoundation.org/give-now/>; select "Other" and type in Penguin Pantry.

The Penguin Pantry appreciates your support. If you have any questions, comments, suggestions, or concerns, please do not hesitate to contact us at penguinpantry@clark.edu or (360) 992-2100 or visit us at the Science Building (SCI), Room 101, Monday, Thursday, Friday – 11:00 a.m. – 2:00 p.m., and Tuesday, Wednesday – 2:00 p.m. – 5:00 p.m.